



Resources to Support Mental and Emotional Well-being

There's no better time than now to access the breadth of resources available to you.

CARING FOR THE CAREGIVER IN A TIME OF CRISIS (CCTC) PROVIDED BY PSYCHIATRY DEPARTMENT

In response to the pandemic, a series of workshops were developed internally to increase awareness and understanding of emotional distress, strengthen and build coping skills and learn ways to adapt and manage grief. The three workshops, *Pandemic Response Resilience*, *Skills for Resilience and Recovery and Coping with Grief and Bereavement During COVID-19* are designed with all team members in mind. To learn more and to enroll in an upcoming workshop, visit [The Hub>Baystate Healthy>Employee and Family Well-being Resources>COVID-19](#) and select *Resources to Help You Cope and Feel Better*.

CONFIDENTIAL COUNSELING – EAP PROVIDED BY MAGELLAN HEALTH

Call and speak with a licensed therapist who will confidentially listen and guide you to the most appropriate resources. Crisis counseling for immediate concerns and referrals to a broad network of local providers. Talking with a professional can help in processing stress, anxiety, grief, and more. Visits are available in person or phone with local providers. Beginning in June, Magellan's partnership with BetterHelp provides four modalities of virtual therapy; text messaging, live chat, live video and live phone sessions— all of which you can toggle between and available typically within about 24 hours. This benefit is available to all employees and household members and offered at no-cost. **Call WorkLife & EAP Support 24/7/365 at 800-888-6332.**

COACHING PROVIDED BY MAGELLAN HEALTH

Telephonic coaching is available to support finding solutions for a variety of things like work stress, parenting, sleep health, and more. **Call WorkLife & EAP Support 24/7/365 at 800-888-6332.**

STRESS MANAGEMENT AND RESILIENCY TRAINING PROVIDED BY MEQUILIBRIUM

An online (+app) clinically validated stress management and resilience skill building platform designed to help build the skills needed to feel better—customized to each individual. **To see a sample of what meQuilibrium has to offer go to www.mymeq.com/access/BaystateHealth**

DIGITAL COGNITIVE BEHAVIORAL THERAPY (DCBT) APPS BY MAGELLAN HEALTH

These self-guided DCBT programs are confidential and address anxiety, insomnia, chronic pain, depression, obsessive compulsive disorder, and substance use disorder. **To get started go to MagellanAscend.com** and select the tab "Log In", then "Sign Up". Once registered, visit the Self-care program page and click "Begin an assessment".

BEHAVIORAL HEALTH BENEFITS THRU MEDICAL PLAN FOR BH-HNE PLAN MEMBERS

There is no deductible for behavioral health visits in Network Tier 1 for members of the Baystate Advantage Medical Plan. Baystate HSA Medical Plan members – deductible applies, then 10% coinsurance. **For more information, visit [The Hub>Benefits>Medical Insurance](#).**

TELADOC FOR BEHAVIORAL HEALTH FOR BH-HNE PLAN MEMBERS

Therapists and psychiatrists are available through Teladoc. During the pandemic (3/6 – 6/30) members will not be responsible for any Teladoc charges. **Request appointment at 1-800-835-2362, or login via the [mobile app](#).**

Access These Resources and More from Work or on Your Mobile Device!

FROM HOME OR MOBILE: Go to www.baystatehealth.org/employees/baystate-healthy

FROM WORK: Go to [The Hub>Baystate Healthy](#)

Scan the QR code from your phone or tablet →
(Download a free QR code app)

