



## City of Little Rock Mental Health Support Resources

- ❑ **Southwest EAP** - *Solutions for Life and Work*. Sometimes balancing work and family responsibilities can be stressful. Your Employee Assistance Program (EAP) offers a confidential service designed to help employees and families with personal and/or work related problems. You are provided up to eight (8) sessions per issue, per year at no cost to you. You can call **1-800-777-1797** or go online and login <https://southwesteap.com/for-employees/> using the password SWEAP.

You can find information on the following at [www.MyUHC.com](http://www.MyUHC.com)

- ❑ **MyUHC.com** – Log on to [www.MyUHC.com](http://www.MyUHC.com) using your medical ID number and personal information. From the home page click on **FIND CARE & COSTS**. From there click on **Behavioral Health Directory**. There are several ways for you to search including **People, Places, Services, Conditions** and **Cost Estimates**.
- ❑ **Live and Work Well** – Mental illness and substance use disorders are treatable conditions. Stop the stigma so those who suffer get the help they need. Learn more about how mental health and substance use disorders affect people just like you. Go to [www.MyUHC.com](http://www.MyUHC.com). Click on **Coverage & Benefits**, then click on **Mental Health**. This will provide you with a link to **Live and Work Well**. It will also list your co-pay information for mental health services.
- ❑ **Behavioral Health Virtual Visits** – *1:1 Emotional Support*. With virtual therapy getting help may now be easier than ever. Get connected one-on-one, by phone, with professionally trained behavioral health experts, at no additional cost to you. Call the number on the back of your medical ID card or **1-866-633-2446**. *Services are subject to the same co-pay or co-insurance rate (after deductible) that would apply to an in-person visit.*



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- ❑ **Substance Use Treatment Helpline at 1-855-780-5955**, 24 hours a day to speak with a substance use recovery advocate who will listen, provide support and develop personalized recovery plans. Call the number above or visit [www.liveandworkwell.com/recovery](http://www.liveandworkwell.com/recovery) to find care options and resources.
- ❑ **The Suicide Prevention Hotline – 1-800-273-8255**
- ❑ **Sanvello** is an app that offers clinical techniques to help dial down the symptoms of stress, anxiety and depression — anytime. Connect with powerful tools that are there for you right as symptoms come up. Stay engaged each day for benefits you can feel. Escape to Sanvello whenever you need to, track your progress and stay until you feel better. The Sanvello app is available to you at no extra cost as part of your plan’s behavioral health benefits. **1.** download and open the app **2.** create an account and choose “upgrade through insurance” **3.** search for and select UnitedHealthcare, then enter the information available on your UnitedHealthcare medical insurance card. Questions? Email [info@sanvello.com](mailto:info@sanvello.com)
- ❑ **Employee Assistance Program (EAP)** – Your Employee Assistance Program (EAP) is here to help you, and your family, get the most out of life. We're ready to help with the small questions and the big problems, and everything in-between, such as: Managing stress; Improving relationships at home or work; Addressing legal and financial concerns; Getting the most out of your career; Finding child development, childcare or elder care resources; Getting past emotional issues or grief; Addressing depression, anxiety or substance use issues; This service is confidential and our EAP Specialists are available 24/7. They can provide you immediate help or direct you to one of our network providers for no-cost, face-to-face consultations. Call **1-866-374-6060**



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- ❑ **Legal Services** - Access to advice, help drafting a will or assistance with a complicated legal matter should not be out of anyone's reach. Your Employee Assistance Program provides legal assistance services that give you free and discounted confidential access to local attorneys to answer legal questions, prepare legal documents and help you resolve legal issues. Access to legal assistance services includes: Access to licensed state-specific attorneys; One 30-minute telephonic or face-to-face consultation per issue per year at no cost to you\*; Ongoing representation by an attorney at a 25% discounted rate. Call **1-866-374-6060**
  
- ❑ **Financial Services** - Individuals may receive 30-60 minutes of telephonic consultations per issue, per year with an experienced, credentialed financial coach to address a wide array of concerns. Call the support number to receive consultation on issues such as: Budget management; College funding; Debt reduction; 401K, IRA, HSA questions; Estate planning; Bankruptcy; Investment plans; Retirement planning; Taxes; and Wage garnishment. Call **1-866-374-6060**
  
- ❑ **Rally** –It's an intuitive, personalized product with programs for Family Wellness, Financial Wellbeing, Meditation, Stress Less, Happiness and much more. We provide daily recommendations tailored just for you and give you all the support you need. You'll earn rewards as you go and can easily track your progress, making it a snap to stay on target. This program is available to you at no cost to you. Sign up for Rally at [www.MyUHC.com](http://www.MyUHC.com) or go straight to [www.werally.com](http://www.werally.com).

\*Some exceptions apply



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- Deductible and Applicable Co-pays for Mental Health and Substance Use services

### Base Plan

Mental Health Care & Substance Related and Addictive Disorder Services		
Inpatient <sup>1</sup>	20% *	40% *
Outpatient <sup>1</sup>	\$40 copay	40% *
Partial Hospitalization <sup>1</sup>	20% *	40% *

### Buy-up 1 Plan

Mental Health Care & Substance Related and Addictive Disorder Services		
Inpatient <sup>1</sup>	20% *	40% *
Outpatient <sup>1</sup>	\$30 copay	40% *
Partial Hospitalization <sup>1</sup>	20% *	40% *

### Buy-up 2 Plan

Mental Health Care & Substance Related and Addictive Disorder Services		
Inpatient <sup>1</sup>	20% *	40% *
Outpatient <sup>1</sup>	\$25 copay	40% *
Partial Hospitalization <sup>1</sup>	20% *	40% *