

BEHAVIORAL HEALTH RESOURCES

For all employees and their families

Employee Assistance Program (EAP) – 24/7 Support

Phone: 833-256-5117

Website: <https://www.guidanceresources.com>

- » For online resources and to use the App, register with Organization Web ID: greendiamond
- » May request three free counseling sessions

SAMHSA Helpline & Online treatment locator via U.S. Department of Health & Human Services

National Helpline: 800-662-4357 (English and Spanish)

Online treatment locator: <https://findtreatment.samhsa.gov/>

Alternate method of treatment locator: Text your zip code via text message to 435748 (HELP4U)

Note from SAMHSA: The referral service is free of charge. If you have no insurance or are underinsured, we will refer you to your state office, which is responsible for state-funded treatment programs. In addition, we can often refer you to facilities that charge on a sliding fee scale or accept Medicare or Medicaid.

For all employees and dependents enrolled in either Green Diamond's Premera PPO or Health Savings Plan (HSP)

Premera.com

Log onto your Premera account at <https://www.premera.com/sign-in>

- » Find a Doctor or Virtual Care: <https://member.premera.com/find-a-doctor>
- » Explore Resources – Mental Health Resources: <https://www.premera.com/visitor/care-essentials/mental-health>

Behavioral Health Virtual Care options via Premera

Each Virtual Care provider requires separate registration – can be accessed using links on the Premera.com Mental Health Resources site OR using the Premera related sites shown below for appropriate connection to Premera coverage.

Doctor On Demand: <https://doctorondemand.com/microsite/premera/>

- » Connect with licensed psychologists via live video from your phone, tablet or computer on demand 24/7, or by appointment. Providers can assist with stress, anxiety, and more.
- » PPO member cost share: \$25 copay for behavioral health
- » HSP member cost share: deductible/coinsurance

Talkspace: <https://redemption.talkspace.com/redemption/premera>

- » Connect with licensed behavioral therapist from anywhere, at any time. With Talkspace, you can send your therapist multimedia messages, including text, voice, photo, and video. In addition, you can work with your therapist to schedule a live-video session.
- » PPO member cost share: \$25 copay
- » HSP member cost share: deductible/coinsurance

