



MENTAL HEALTH RESOURCES

Acadia recognizes the importance of taking care of one's mental health and wellbeing and offers a variety of resources and tools to help you and your family members.

Medical Plan

Those enrolled in Acadia's medical plans have access to mental health benefits through our carrier, UMR. This includes access to in-network therapists, psychologists, psychiatrists and mental health facilities. Your cost share will vary depending on the medical plan you are enrolled in.

Talkspace: An Online Therapy Service

In addition to more traditional coverage, UMR provides members with access to Talkspace, a virtual therapy program that offers counseling for a variety of behavioral health conditions, including but not limited to:

- Anxiety
- Depression
- PTSD
- Substance abuse
- Eating disorders
- Compulsive disorders

Talkspace is a convenient and safe space to speak with a therapist from the comfort of your own home. Specialized clinicians are available to support you and build a personalized treatment plan to help you stay on track. All services are covered under your UMR health benefits and are accessible to you and your dependents, ages 13 (therapy only) and older (psychiatric care for those 18 and older).

Teladoc: Virtual Mental Health Support

Through Teladoc Health, you have access to confidential therapy via phone or video for conditions such as depression, anxiety, stress and marital or family issues. Choose a therapist who best fits your needs and schedule an appointment when it's convenient for you.

**Search for
in-network support:**
umr.com
[UMR mobile app](#)

Before your first visit:
Register online
talkspace.com/connect

After registering:
Download the
[Talkspace mobile app](#) or
access Talkspace via desktop

Visit teladochealth.com

Download the Teladoc
Health mobile app for
[iPhone](#) or [Android](#)

Call [800.TELADOC](tel:800.TELADOC)
835-2362

ADDITIONAL RESOURCES

Employee Assistance Program: CuraLinc

Our **Employee Assistance Program (EAP)**, offered through CuraLinc, provides access to legal, financial and counseling services, as well as support with work/life balance such as child or elder care. These services are confidential and **free** of charge to all eligible employees and dependents.

EAP benefits include:

- Up to six free sessions of face-to-face counseling, per incident, per covered participant
- 24/7/365 telephone support from a licensed clinician
- Mobile app to chat live with a counselor
- Online resources such as videos, financial calculators and self-assessments

Our EAP supports a variety of concerns, including but not limited to:

- Anxiety
- Depression
- Marriage and relationship problems
- Grief and loss
- Substance use
- Anger management
- Stress
- Financial and legal assistance
- Family assistance

Mindstream with CuraLinc

Mindstream is a customizable platform to boost your mental clarity and build helpful skillsets to tackle life's biggest challenges through live and on-demand video and audio sessions. This service is available to all employees regardless of benefits eligibility, at **no cost**.

Contact CuraLinc:

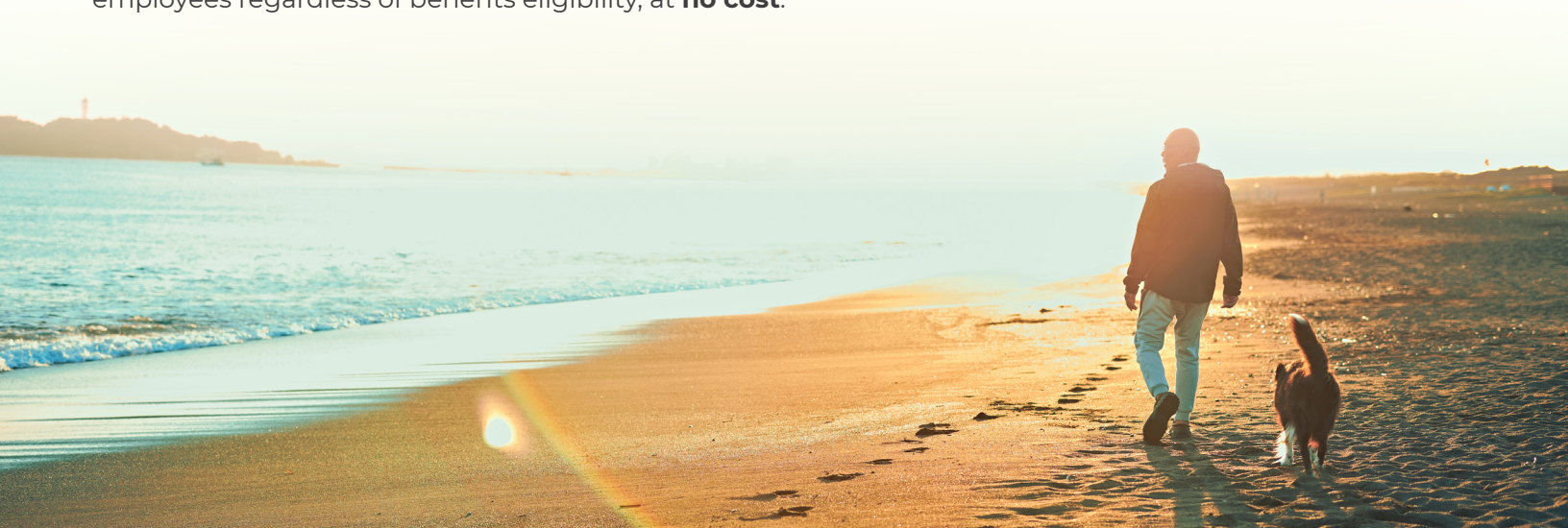
Call **888.881.5462**

Visit **supportlinc.com**
(company code: acadia)

Download the eConnect app for **iPhone** or **Android**
(company code: acadia)

Get started on Mindstream:

Download the Mindstream mobile app for **iPhone** or **Android** (company code: acadia)



**MYHEALTH
& WELLBEING**

ACADIA
HEALTHCARE