

# Virtual mental health support



If you are struggling to manage your mental or emotional health, help is available. Your Associate CARE Service can help you connect with licensed counselors for video visits — at no extra cost. They can help with things like:

- Anxiety and depression
- Stress
- Grief
- Substance use recovery

With online access to self-paced resources, as well as phone support and virtual visit options, your Associate CARE Service can help you overcome obstacles to getting help. Virtual counseling is especially helpful if you have trouble scheduling an in-person appointment, conflicts with work, or unreliable transportation.

## Your Associate CARE Service is here for you

Lean on these resources when you need help.



### Counseling

Talk to a licensed counselor in person or online. You and your household members can each have up to 10 visits with a counselor per issue, per year at no extra cost.\*



### Self-paced learning materials

Explore short, educational articles, podcasts, and videos on dozens of emotional wellness topics.



### Emotional Well-being Resources

Access one-on-one coaching and digital self-help tools to help you take charge of your emotional wellness.

## Get the help you need, 24/7

Visit

[associatecareservice.com/  
elevancehealth](https://www.associatecareservice.com/elevancehealth)

Call us at **833-798-1053**.



\* Appointments subject to the availability of a therapist. Online counseling is not appropriate for all kinds of problems. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 988 (National Suicide Prevention Lifeline) and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room.

In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare provider in your plan's network. If you receive care from a doctor or healthcare provider not in your plan's network, your share of the costs may be higher. You may also receive a bill for any charges not covered by your health plan.

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