

# MENTAL HEALTH & WELL-BEING

## LARIMER COUNTY RESOURCES



## GUIDANCE·ACCESS·SUPPORT

### ALL Employees/Dependents

Cost: FREE  
1-800-272-7255  
GuidanceResources.com  
Web ID: COM589

### EMPLOYEE ASSISTANCE PROGRAM, COMPSYCH

Personal issues, planning for life events, or simply managing daily life can affect your work, health, and family. The EAP provides support, resources, and information for personal and work/life issues.

**Benefits Include:** 6 free, face-to-face sessions per issue, 24/7 telephone access, web access.

### Medical Plan Members ONLY

Standard/Choice: Free  
HDHP: Deductible  
1-800-835-2362  
Teladoc.com

### VIRTUAL BEHAVIORAL HEALTH COUNSELING, TELADOC

Access quality healthcare from the comfort of home. You can even get prescriptions sent to your local pharmacy, when medically necessary.

**Benefits Include:** Schedule a video or phone appointment, 7 days/week. Work with a licensed psychiatrist, clinical psychologist, social worker, counselor, or therapist for support with anxiety, depression, eating disorders, family issues, and more. No limit on the number of visits.

### Medical Plan Members ONLY

Standard/Choice: \$25 copay  
HDHP: Deductible  
1-800-318-2023

### BEHAVIORAL HEALTH COUNSELING, MERITAIN

Access quality healthcare providers in the community in a new open network for mental health services.

**Benefits Include:** Work with a provider for support with mental health and well-being. No limit on the number of visits.

### Open to ALL Employees\*

Standard/Choice: FREE  
HDHP: \$45 per visit  
(970) 980-2425  
Marathon-Health.com

### BEHAVIORAL HEALTH COUNSELOR, THE WELLNESS CLINIC

Confidential behavioral health counseling is available at the Wellness Clinic to help you and your family live happy, productive lives. Services are available to all Larimer County employees and their dependents age 12 and older who are enrolled in the county medical plan.

Whether you're dealing with grief, stress, anxiety, depression, relationship challenges, PTSD, eating disorders, substance abuse, or self-image – you can talk through what's bothering you and your counselor will help you cope.

*\*First 6 sessions are FREE*

### Medical Plan Members ONLY

Standard/Choice: FREE  
HDHP: Deductible  
1-888-322-0013  
FCCWellbeing.com

### BEHAVIORAL HEALTH COUNSELING, FAMILY CARE CENTER

FCC clinics provide patients with convenient access to a variety of highly trained clinical staff, including psychiatrists, psychologists, and therapists who work as a team to deliver the highest quality care.

**Medical Services Include:** Medication Management, Psychiatric Evaluations, and Medication Assisted Treatment of Substance Use Disorders.  
**Therapy Services Include:** Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Child Play Therapy, Neurofeedback, and Other Evidence-Based Therapies.

COM  
PSYCH

