

# Mental Health Support Resources

Confidential. Flexible.  
For you and your family.



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## IN A CRISIS?

**Call or Text 988 Or Text "Hello" to 741741 (Crisis Text Line - Available 24/7)**

If you or someone you know is in immediate danger or experiencing a mental health crisis.

### FREE OPTIONS\*

#### BeWell Mental Health Coaching (Subscribers Only)

- Anxiety or depression
- Trauma or grief
- Work-related burnout, and more...

Coaching Access: <https://emihealth.com/Identity/Account/Login>

### IN-NETWORK PROVIDERS

#### Lyra Mental Health Providers

Get matched with a licensed therapist fast-often with 24 hours.

- Virtual and in-person appointments

Sign-Up: <https://emihealth.lyrahealth.com/>

### IN-NETWORK SERVICES

#### Provider Search

EMI Health's website Provider Search tool allows you easily look up in-network providers and to filter for specialty. Common filters to try might be:

- Marriage/Family Therapist
- Psychologist
- Psychiatry

To search, visit: <https://emihealth.com/ProviderSearch>

### \*Employee Assistance Program (EAP)

Check to see if your company offers this benefit. Many EAPs include free short-term counseling, mental health support, and referrals for personal or work-related concerns.

Questions? We'd love to help you get the support you need.  
Call our friendly Customer Service Team (800) 650-0401

Monday- Friday, 6:00 am - 6:00 pm MST