

# Mental Health Support Resources

Confidential. Flexible.  
Support for you—and your covered family members.\*

## 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

Use EMI Health's Provider Search tool to find in-network mental health providers. You can filter by specialty, such as:

- Marriage/Family Therapist
- Psychologist
- Psychiatry

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

### \*Employee Assistance Program (EAP)

Ask your HR team if your company offers this benefit.

EAPs often include free counseling and support for personal or work challenges.

Questions? We're here to help. Call Customer Service: (800) 650-0401  
Monday–Friday, 6:00 am–6:00 pm MST

\* This flyer is a summary. Actual benefits depend on your specific plan. Family members are eligible only if enrolled in a family medical plan. Please refer to your official plan documents for full coverage details.