

MENTAL HEALTH RESOURCES



For all employees regardless of health plan status.

PROGRAM	ELIGIBILITY	DESCRIPTION	GET STARTED
Employee Assistance Program (EAP)	All employees and their household members regardless of health plan status.	In-person, telephonic, or virtual counseling, training courses, management consultations, critical incident debriefing, work/life resources and support.	Learn more about the EAP Get support from the EAP
Learn to Live	All employees and their household members (age 13+) regardless of health plan status.	Virtual programs, clinical assessments, and coaching based on Cognitive Behavioral Therapy. Address stress, anxiety & worry, depression, substance abuse, and more.	Learn more about Learn to Live Enroll in Learn to Live
Suicide & Crisis Prevention	All employees and their household members regardless of health plan status.	If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline network is available 24/7 across the United States.	Start an anonymous chat now Call or text 988
Boston Area Rape Crisis Center	All employees and their household members regardless of health plan status.	Confidential services to empower and heal all survivors of sexual violence ages 12 and older, and their loved ones, regardless of when the violence occurred.	Start a confidential chat now
National Domestic Violence Hotline	All employees and their household members regardless of health plan status.	Advocates are available 24/7 in more than 200 languages. All calls are free and confidential.	Connect with a live advocate 24/7

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For MIIA/Blue Cross Blue Shield Subscribers on an active health plan.

PROGRAM	ELIGIBILITY	DESCRIPTION	GET STARTED
Blue Cross Blue Shield Mental & Behavioral Health Portal	MIIA/Blue Cross Blue Shield subscribers, spouses, and dependents on an active health plan.	A network of providers for mental and behavioral health needs, with access via your computer or mobile device.	Learn more about your Mental & Behavioral Health coverage
Headspace	MIIA/Blue Cross Blue Shield Subscribers. Subscribers may enroll and invite 5 friends or family to join Headspace, free of charge (regardless of health plan status).	Mindfulness and Meditation app. Access the full Headspace library including content for sleep, focus, stress & anxiety, movement, and more.	Learn more about Headspace Enroll in Headspace