

Mental health care looks different for all of us. This guide, developed by UD Human Resources, includes benefits and tools to support your emotional wellbeing. These resources are available to UD employees at no cost, to support you in proactively protecting your mental health and finding professional care when you need it. Recovery is possible. You are not alone.



## Need Immediate Assistance?

If you or someone you know is having thoughts of suicide or experiencing a mental health or substance use crisis, get help now. Reach out, there is hope.

**SUICIDE AND CRISIS PREVENTION LINE | CALL OR TEXT 988**

**LIVE CHAT | 988LIFELINE.ORG**



## Finding Care

Visit [udel.edu/hr](http://udel.edu/hr), Total Rewards, to learn about the programs and services available through your medical plan or call directly to speak to a representative.

- **Highmark** 877-426-7027
- **Aetna** 833-821-0849

[Health Advocate, Employee Assistance Program](#) offers 24/7 support and access to no-cost counseling sessions. 1-877-240-6863.

[UD Nurse Managed Primary Care Center](#) is available for appointments and telehealth visits for existing and new patients on UD's STAR campus. Nurse practitioners are on call 24/7. 302-831-3195.

[UD's Institute for Community Mental Health Clinic](#) provides mental and behavioral health services for children, adolescents, and adults in person at UD's STAR campus and via telehealth to Delaware and Pennsylvania residents.. 302-831-2717



Scan to visit UD HR, Total Rewards

## UD Health Plan Benefits

Plan Type		Highmark Blue Choice Deductible PPO Plan		Aetna CDH Gold		Aetna HMO		Highmark Blue Choice PPO Plan	
Plan Feature	Service	In-Network	Out-of-Network	In-Network	Out-of-Network	In-Network	Out-of-Network	In-Network	Out-of-Network
Mental Health, Behavioral health, or substance use services	Outpatient Services	10% coinsurance after deductible	30% coinsurance after deductible	10% coinsurance after deductible	30% coinsurance after deductible	\$15 copay/ per visit	Not covered	\$20 copay/ per visit Intensive Outpatient Care 100% covered	20% coinsurance after deductible
	Inpatient services	10% coinsurance after deductible	30% coinsurance after deductible	10% coinsurance after deductible	30% coinsurance after deductible	\$100 copay/per day; \$200 maximum/ admission	Not covered	\$100 copay/ per day; \$200 maximum/ admission	20% coinsurance after deductible