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 | 988 LIFELINE.ORG

Finding Care
Visit Division of Statewide Benefits to learn about the programs and services available through your medical plan or call directly to speak to a representative.

- Highmark Delaware First State Basic 1-800-421-4577
- Highmark Delaware Comprehensive PPO 1-800-421-4577
- Aetna CDH Gold 1-866-230-9951
- Aetna HMO 1-866-230-9951

ComPsych, Employee Assistance Program: offers 24/7 support and access to no-cost counseling sessions. 1-877-527-4742.

Nurse Managed Primary Care Center is available for appointments and telehealth visits for existing and new patients. Nurse practitioners are on call 24/7. 302-831-3195.

UD Health Plan Benefits

<table>
<thead>
<tr>
<th>Plan Type</th>
<th>Highmark Delaware First State Basic</th>
<th>Aetna CDH Gold</th>
<th>Aetna HMO</th>
<th>Highmark Delaware Comprehensive PPO</th>
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<tbody>
<tr>
<td>Mental Health, Behavioral health, or substance abuse services</td>
<td>Outpatient Services</td>
<td>10% coinsurance after deductible</td>
<td>30% coinsurance after deductible</td>
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<td></td>
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