

Mental Health Benefits

Support that listens, tools that lift, care that lasts.



Employee Assistance Program (EAP)

We recognize that employees may experience issues that affect their quality of life at home or at work. If you are looking for support, you've got options. As an employee, EAP is provided by Optum to you at no additional cost and is completely confidential. These services are also available to those living in your home, even if they are not on your insurance plan.

Emotional Support

Access to 8 free counseling sessions per issue. There is no limit to the number of different issues. Counseling sessions are available virtually or in-person.

Financial Assistance

No-cost consultation from a qualified specialist on topics such as budgeting, retirement or financial planning. Assistance also includes an identity theft consultation.

Legal Assistance

Free 30 minute consultation with an attorney on topics such as family law, elder law, wills, will generator, etc. Plus you receive 25% discount for services beyond what is offered.

Daily Life Assistance

Looking for childcare? Having a hard time as a caregiver? Need help moving? Support is offered from an experienced professional to find the help you need.



For help or to get started:

Call Optum at 1-888-267-3520

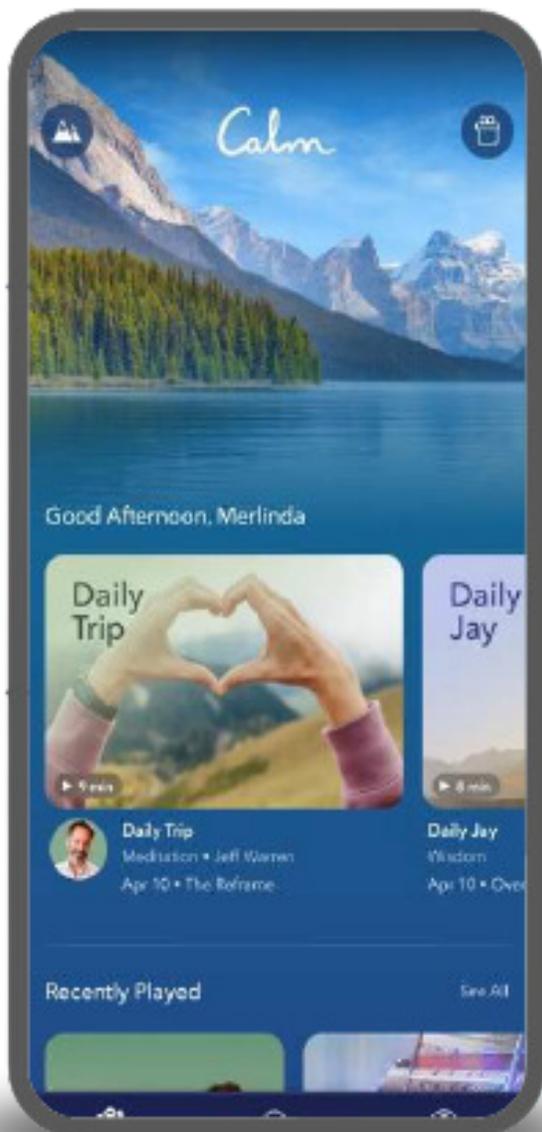
Download the app: [myliveandworkwell](#)

Visit [www.liveandworkwell.com](#)
Select "Browse with an access code"
Guest Access Code: cob123

Calm Health App

Because mind and body are connected.

Taking good care of your mental health has never been more important. Calm Health offers mental health programs and tools to support better understanding of your mental health and physical well-being. This benefit is free to any employee and their dependents who are a part of the medical plan.



Get started with Calm Health app:

To register and download the app, scan the QR code for the Calm registration page and enter the company access code **COB123**



Already have the Calm app?

1. Open the app
2. Go to: Profile > Settings > Link Organization Subscription
3. Enter organization code "Optum EWS"
4. In the "group code" field, enter the company access code **COB123**



Getting Started with Support



Welcome to Talkspace

Talkspace is a digital space for private and convenient mental health support for employees covered under the City of Baytown health insurance. With Talkspace, you can choose your therapist from a list of recommended, licensed providers and receive support day and night from the convenience of your device (iOS, Android, and Web).

How it works

You can begin to exchange unlimited messages (text, voice, and video) with your personal therapist immediately after registration. Therapists engage daily, five days per week, which often includes weekends. Every Talkspace member is granted a complimentary, 10-minute video session to get to know their new therapist. Additional video sessions can also be scheduled.

You will continue to work with the same therapist throughout your journey. However, you're always welcome to switch providers so you can find the perfect fit. Talkspace's clinical network features thousands of licensed, insured, and verified clinical professionals with specialties ranging from behavioral to emotional and wellness needs, including:

- ✓ Stress
- ✓ Anxiety
- ✓ Depression
- ✓ Relationships
- ✓ Healthy living
- ✓ Trauma & grief
- ✓ Eating disorders
- ✓ Substance use
- ✓ Sleep
- ✓ Identity struggles
- ✓ Chronic issues
- ✓ And more

Ready to get started?

- Visit talkspace.com/connect
- Select UHC under "Use my Insurance Benefits" and fill in your information
- Complete the Quickmatch survey
- Review your best matches and choose your personal therapist

Responder Health



Our Mission

Our goal is to provide First Responders with an option beyond traditional Employee Assistance Program (EAP) services. Responder Health provides confidential and full-service solutions that support First Responders through stressful and traumatic events.

Peer Support

The City of Baytown has a Peer Support program to help you. This is a confidential face-to-face conversation with a certified individual on the peer support team if you need help/guidance through a variety of situations, such as:

TRAUMA | RELATIONSHIPS
FINANCES | PTSD
SUBSTANCE ABUSE

Responder Health App

First Responders and their families have access to a tailored on-demand coaching app offering videos and tools that help you deal with being sad or stressed, rather than avoid these normal life challenges.



Unlock Code:
BAYTOWN21



Thank you for keeping our community safe.