

# EMOTIONAL SUPPORT RESOURCES

## Virtual Behavioral Healthcare – Temporarily \$0 Copays

If you are feeling stressed, depressed or anxious, download the MyMethodist app for a Virtual Behavioral Health Care visit. It is normally a \$20 copay but that cost is now waived temporarily. Appointments are available Monday to Friday with limited weekend availability. It is a 45 minute session with a licensed psychologist or therapist. The cost is free for employees and covered dependents on the Houston Methodist Employee Medical Plan.

## Houston Methodist Employee Assistance Program (EAP)

Contact our regular member EAP program at **866.248.4094** where you can be referred for counseling with a behavioral health provider. The first three visits have always been free but the regular copay has been waived until further notice.

## Peer Support Counseling

Houston Methodist is now offering a peer support team made up of licensed mental health professionals (psychologists and clinical social workers) for our employees who are feeling afraid or overwhelmed. The support is available for short-term individual or group sessions. Their purpose is to provide a safe, confidential place to explore your emotional health by telephone or telehealth during this unprecedented time in our world. If more help is needed, they can guide you to your other options. Request a WeCare Consult and a clinician will contact you by the next business day. You can text **Peer** to **45991** to have the consult request sent to your phone.

## Other Resources for Stress during COVID-19

- Contact our Director of Spiritual Care and Values Integration, Tim Madison by emailing [tmadison@houstonmethodist.org](mailto:tmadison@houstonmethodist.org).
- Visit [liveandworkwell.com](https://liveandworkwell.com) or call the National Optum Crisis Help Line at **866.342.6892**. It's free to everyone 24 hours a day so you can share this number with family and friends.
- Learn how to calm your fears and/or work remotely at Institute for Management Studies at [athenaonline.com/series/covid19](https://athenaonline.com/series/covid19).
- Calm your fears about the virus by learning how the virus is spread and how to protect yourself in a video from Medical Director of Infection Prevention and Control Dr. Ashley Drew. Watch it by visiting [vimeo.com/397462691](https://vimeo.com/397462691).
- Visit [hrportal.ehr.com/houstonmethodist](https://hrportal.ehr.com/houstonmethodist) for the most updated resources.

