

Mental Health Resources for Cooper Team Members

Your emotional well-being includes how you think, act and feel. It also helps you cope with stress, relate to others and make decisions. It can change over time, depending on factors such as your workload, stress and work-life balance. Please remember that there are resources available to you and there is no shame in asking for help.

Behavioral Health Benefits Covered 100% In-Network

The Core and Standard PPO medical plan options cover behavioral health and substance abuse services at 100% in-network (across Tier 1 & Tier 2).

Visit www.psychologytoday.com/us to explore mental health providers based on a variety of factors – insurance, geographic location, issue, language, and more.

Carebridge – Employee Assistance Program (EAP)

In addition to the benefits included in our medical plans, Carebridge offers a full suite of services to help support you when you're in need. Carebridge provides free, confidential short-term counseling, information, and referral services for a wide range of problems, such as family and relationship concerns, caring for elderly parents, or managing stress and change.

Free & Confidential
24/7: 800-437-0911
myliferesource.com

Access Code:
WBPNF

Debriefings, Group, and Peer Support

The Compassion and Resiliency Experience (C.A.R.E.) Program provides evidence-based support to teams. If you think your team would benefit from a group, reach out to your team lead and they can request a group via the [Cooper Health & Wellness Website](http://wellness.cooperhealth.org). Information about peer support can also be found on the website.

Local & National Resources

- [National Suicide Prevention Lifeline](http://www.national suicide prevention lifeline.org) (free, 24/7 support): 9-8-8
- [NJ Suicide Prevention Hopeline](http://www.nj.gov/health/hhsa/mentalhealth/hopeline) (free, 24/7 support): 1-855-654-6735 | Text “NJ” to 741741
- [SAMHSA’s National Helpline](http://www.samhsa.gov/national-helpline) (free, 24/7 support): 1-800-622-HELP (4357)
- [National Parent Helpline](http://www.nationalparenthelpline.org) (M-F, 1 p.m. – 10 p.m.): 1-855-427-2736



For more information, scan the QR Code to visit the
Cooper Health & Wellness Website (wellness.cooperhealth.org)