

Mental Health & Emotional Well-Being Resources

Your emotional well-being includes how you think, act, and feel. It helps you cope with stress, relate to others, and make decisions. It can change over time, depending on personal and professional factors. There are resources available and no shame in asking for help.

Cooper's Employee Assistance Program (EAP) – Optum EWS

Optum offers a suite of free and confidential services:

- 24/7/365 support via Navigation Specialists (Call: **1-800-972-8976**)
- 6 free virtual or in-person counseling sessions per issue, per year
- 6 free virtual behavioral coaching sessions per topic, per year
- Crisis support
- Free premium version of [Calm](#) app (Org Code: **Optum EWS**, Group Code: **CUHC**)
- Access to www.loveforourfrontline.com specialty resources including CEU courses



For additional information, including access to the online provider directory and work-life support, visit www.liveandworkwell.com (Access Code: **CUHC**)

Behavioral Health Benefits

Cooper's Core and Standard PPO medical plan options cover behavioral health and substance use services at 100% in-network (across Tier 1 and Tier 2). Visit www.psychologytoday.com to explore mental health providers based on a variety of factors – insurance, geographic location, issue, language, and more.

Emotional Debriefings, Group, and Peer Support

The Compassion and Resiliency Experience (C.A.R.E.) Program provides evidence-based support to teams. Your team lead or manager can request a group via the [Cooper Health & Wellness Website](#). Information about peer support can also be found on the website.



Local and National Resources

- Suicide Prevention Lifeline (free, 24/7/365) – call **988**
- NJ Hopeline (free, 24/7/365) – call **1-855-654-6735** or text “NJ” to **741741**
- SAMHSA's National Helpline (free, 24/7/365) – call **1-800-622-HELP (4357)**