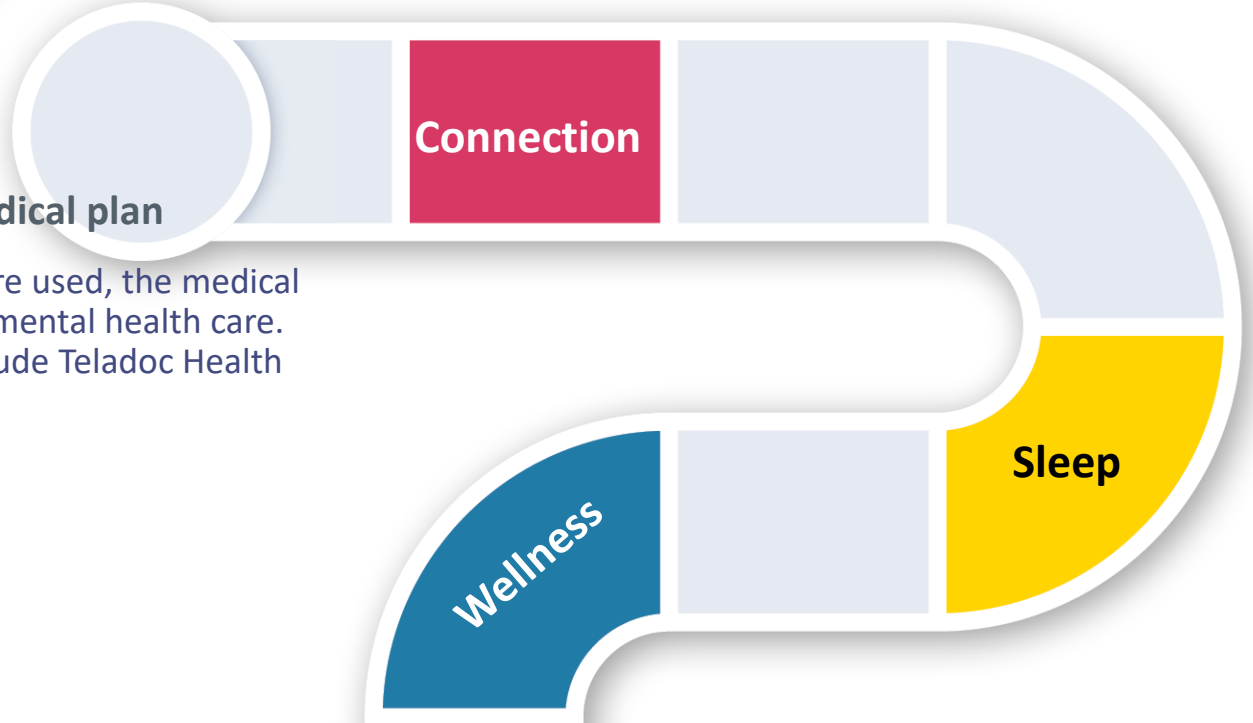


Your mental health deserves the same care and attention as your physical health.

Move through life with resources designed to support stress, anxiety, work-life balance, and everyday emotional well-being.



Choose the Right Starting Point

Start with the EAP

No-cost, confidential support for you and your family, whether or not you are enrolled in a HarmonyCares medical plan.

Call 800-344-9752 or visit guidanceresources.com.

Support includes emotional well-being, stress, anxiety, grief, family concerns, job pressures, and legal or financial guidance.

Continue through the medical plan

When covered EAP services are used, the medical plan includes behavioral and mental health care. Virtual therapy resources include Teladoc Health and AbleTo.

Plan cost sharing may apply.

AbleTo: Blue Cross Access to Virtual Mental Health Care

Feeling stressed? Overwhelmed? Exhausted?

AbleTo is a virtual behavioral health provider contracted with your health plan that offers convenient and confidential care for mild to moderate depression and anxiety.

An important aspect of your overall wellbeing is emotional wellness — the ability to successfully adapt to changes and challenges as they arrive and handle life's stresses.

Learn about the program, connect with care, and build emotional wellness through small daily actions.

What AbleTo offers

8-week program
Evidence-based cognitive behavioral therapy

Personalized care
Support for depression, anxiety, or stress

Weekly sessions
One-on-one visits lasting up to 60 minutes

How to Get Started

1. **Visit** ableto.com/bcbsm
2. **Choose** therapist and time
3. **Connect** by app or online
4. **Personalize** your care program

The Big Five of Emotional Wellness

Mindfulness
Practice deep breathing, take a walk, enjoy nature, and stay present in each moment.

Connections
Reach out to a friend or family member daily — even if it's just a call or text.

Sleep
Keep a consistent sleep schedule and limit electronic use before bed.

Outlook
Treat people with kindness, including yourself.

Stress
Think positively, exercise regularly, and set priorities.

Support for Today and Every Day



Employee Assistance Program

24-hour access to helpful resources by phone as well as a designated number of face-to-face visits per issue with a licensed professional.

You may access information, benefits, educational materials, and more by **phone at 800-344-9752 or online at www.guidanceresources.com.**

988 Suicide & Crisis Lifeline

Dial 988 to be connected with 24/7/365 emotional support.

Free, confidential crisis counseling, including appropriate follow up services, is available no matter where you live in the United States.

Crisis Text Line

Text "HOME" to 741741

Send a text 24/7 to the Crisis Text Line to speak with a crisis counselor who can provide support and information. Standard text messaging rates may apply.

War Vet Call Center

Veterans and their families can **call 877-WAR-VETS (877-927-8387)** to talk about their military experience and/or readjustment to civilian life.

Call 911 if you or someone you know is in immediate danger or go to the nearest emergency room.