



May 2025

Mental Health Awareness Month

At WellSky, your well-being matters. Mental health is just as important as physical health – and we're here to support you with resources that can make a difference. Whether you're looking for someone to talk to, managing caregiving responsibilities, or seeking stress relief tools, we've got your back.

Mental Health & Wellness Programs Offered through Meritain

Meritain offers a vast number of wellness programs to all teammates and your loved ones enrolled in the medical plan. See below learn more about each program offered.

- **TELEMYND:** Quality and easy-to-use telebehavioral health program to virtually meet with therapists and prescribers.
- **MeruHealth:** Groundbreaking mental health program that blends one-on-one therapist support with helpful digital tools and interactive practices.
- **BrightLine:** For your children and teenagers, an innovative mental health care program that creates a safe environment with a professional.

ComPsych Employee Assistance Program (EAP)

Confidential and available 24/7, ComPsych is your go-to for emotional, legal, financial, and wellness support. Below is a list of features ComPsych has to offer:

- **24/7 Access** to a larger network of licensed professionals.
- **Expanded Services** such as legal, financial, and wellness support.
- **Improved Digital Tools** via an intuitive platform and mobile app.
- **Multilingual Support** for our diverse workforce.
- **Stronger Confidentiality Standards** to ensure privacy and safety.

Your Employee Assistance Program offers expert guidance to help you and your family address and resolve everyday issues. ComPsych Guidance has emotional wellbeing and work-life balance resources to keep you at your best. Call ComPsych's 24/7 live assistance at 844.257.6078.