



Mental Health Matters

Publicis Groupe
2025

United
Healthcare

Resources



Premier Advocacy Team



833-313-2025



UnitedHealthcare® app



myuhc.com®

How to download Calm Health from myUHC

How do I find the Calm Health landing page within myuhc.com®?

If you are logged in to your myuhc.com account and trying to find the Calm Health landing page:

- Navigate to the “Coverage and Benefits” tab
- Click on “Mental health” > “View all mental health coverage”
- On the Mental health benefits and resources page scroll down to the Calm Health section



855- 780-5955

Substance Use Disorder Helpline

Free, confidential alcohol and drug addiction support

988 Suicide and Crisis Helpline

National option when a member or loved one is having a mental health crisis or thoughts of suicide

