

Support that puts you at the center

When you're going through a tough time, take a moment to pause and remember you don't have to do it alone. Your behavioral health benefits provide support that's personalized to you – wherever you are on your health journey – and make figuring out where to start easy.

Take the first step now.



Scan this code or visit

myuhc.com/mh-recommendations.

Sign in and answer a few questions to get personalized support. Or call the number on your health plan ID card.



Your behavioral health benefits can help with in-the-moment challenges and ongoing mental health concerns including:

- ADHD
- Anxiety
- Autism
- Compulsive habits
- Coping with grief and loss
- Depression
- Eating disorders
- LGBTQ+ care
- Parenting issues
- Relationship challenges
- Stress
- Substance use disorders
- And more

Explore your behavioral health benefits

With 24/7 in-the-moment support, the Calm Health app, coaching and more, there are plenty of ways to start reducing stress and finding your way to feeling better.



In-the-moment support

Call **1-833-313-2025** anytime to speak with an emotional wellbeing specialist who'll listen to what you're going through. They can help with stress, anxiety, work-life issues and more.



Help finding the right support

Get connected to the care you need. Our emotional wellbeing specialists make it easier to figure out which programs and support are right for you. You can also visit myuhc.com/mh-recommendations and we'll help guide you to the right care based on your answers to a few questions.



Broad behavioral health network

When you need to see a behavioral health provider, you have access to a nationwide network of licensed specialists – including clinicians specializing in substance use, trauma, pediatrics, LGBTQ+ care and more. Appointments are available in person and virtually.



Virtual coaching

Work one-on-one with a dedicated mental health coach for support with depression, anxiety, relationship and self-esteem challenges, ADHD and more. Between online sessions, you'll have unlimited in-app messaging with your coach. It's available at no cost to youth, adults and families.



Support for families

Connect with an emotional wellbeing specialist trained in pediatric and family needs for help understanding your benefits and finding care. Specialists are trained to provide support for school Individualized Education Program (IEP) and 504 plans.



Calm Health

In addition to many features from the popular Calm app, Calm Health includes content and programs created by psychologists to help you work toward wellbeing goals like sleeping better, managing stress, being more resilient, and starting and building a mindfulness habit. It's available through your benefits at no additional cost to you.



Case management and outreach

If you have complex mental health or substance use needs, the case management team can help you coordinate care and achieve wellness goals. They may even reach out if you've been in the hospital or need extra assistance.



If you or someone you know has thoughts about suicide, seek help right away. To talk with a trained counselor, you can call the 988 Suicide & Crisis Lifeline anytime. If you or someone you know is in immediate danger, call 911 – or go to the closest emergency room.

Calm Health is not intended to diagnose or treat depression, anxiety, or any other disease or condition. The use of Calm Health is not a substitute for care by a physician or other health care provider. Any questions that you may have regarding the diagnosis, care or treatment of a medical condition should be directed to your physician or health care provider. Calm Health is a mental wellness product and is not intended to make any mental health recommendations or give clinical advice. Calm Health is not available to UnitedHealthcare E&I Fully Insured customers/members in District of Columbia, Maryland, New Jersey, New York, Pennsylvania, Virginia and West Virginia due to regulatory filings. Employee benefits including group health plan benefits may be taxable benefits unless they fit into specific exception categories. Please consult with your tax specialist to determine taxability of these offerings. Images provided for illustrative purposes only. Members must be 16 years or older to use the services, unless a parent or legal guardian agrees to Calm "Terms." The parent or legal guardian of a user under the age of 16 is subject to the "Terms" and responsible for their child's activity on the services.

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