

MENTAL HEALTH RESOURCES

YOU MAY FEEL OVERWHELMED, OVERSTRESSED, ANXIOUS AND UNABLE TO COPE. MAYBE YOU JUST AREN'T FEELING YOURSELF AND DON'T EVEN KNOW WHY. **DON'T HESITATE TO REACH OUT FOR HELP.**

AI Fire makes the following resources available to assist you. They are confidential and in most cases available at no extra cost. For details, visit the AI Fire benefits website at myaifirebenefits.com.

Emergency? Suicide and Crisis Lifeline

If you or someone you know needs suicide and/or crisis support, call or text **988** or chat 988lifeline.org. A National Suicide Prevention Lifeline trained counselor will listen, provide support and connect you to helpful resources.

To learn more about the programs on this page, visit the Mental Health section of our website: myaifirebenefits.com/mental-health-overview

The Employee Assistance Program (EAP)

Provides a wide range of guidance and assistance through life's challenges. The program is strictly confidential, provided at no extra charge to you and available to you and your family members 24/7. The EAP provides:

- Mental health sessions
- Life coaching
- Financial consultation
- Legal consultation
- Life management assistance (help when seeking child care, elder care, transportation and more)
- Personal assistance (help finding home services, repairs, travel, entertainment, dining and personal services)
- Medical advocacy (help navigating insurance, obtaining doctor referrals and medical equipment and more)

Bereavement support services

To help you cope with a loss of a loved one, AI Fire gives you access to unlimited and confidential telephonic grief counseling and more, at no extra cost.

UHC/Live and Work Well: Behavioral health support

For employees and dependents enrolled in a UnitedHealthcare medical plan, the Live and Work Well program makes it easy to find and schedule appointments with behavioral health providers (therapists, psychiatrists and others) near you. You'll also have access to an online library with resources to help you address health concerns and build your resilience in everyday life. To help you manage stress, anxiety and depression, the Sanvello app is available for on-demand self-help.

Online/video therapy

For employees and dependents enrolled in a UnitedHealthcare medical plan, licensed behavioral health therapists are available to provide one-on-one video support from the convenience of your mobile device or computer. Skilled at helping adults, children and teens, these therapists are qualified to provide a diagnosis, treatment and medication. They commonly assist with ADD/ADHD, addiction, anxiety, depression and other mental health disorders.

More programs to assist you ...

To learn more about the programs on this page, visit the *Care Management Programs* page of our website: *Physical Health > Care Management Programs*: myaifirebenefits.com/care-management-programs

Wellthy: Caregiving support

Wellthy provides support for family caregivers and their loved ones who have special care needs due to a chronic health condition, financial constraints, age (young or old) or certain other circumstances. A dedicated Care Coordinator will further identify your specific needs, build a care plan, and tackle tasks on your behalf, so you can focus on spending quality time with your loved ones. Available to all employees and their families.

Summus: Connect fast to wide-ranging medical expertise; get second opinions, answers to questions

If you have questions about any health care issue ranging from allergies to cancer, Summus can help you find answers quickly. Services include mental health support. Get free access to a world-class medical advisory team and specialist physicians by phone or video. Summus can also provide you with personalized provider referrals and much more. Available to all employees covered by an AI Fire medical plan, as well as their families. (Family members need not be covered by an AI Fire medical plan, as long as the employee is.)

AbleTo: Coaching to help you cope

Available if enrolled in a UnitedHealthcare medical plan: Feeling stressed, anxious or struggling with coping skills? The AbleTo personalized, virtual behavioral coaching program includes coaching sessions with digital content, combined with activities utilizing Cognitive Behavioral Therapy, to help you feel better soon.

Everyday mental health

Mental health is every bit as important as physical health. These AI Fire resources are available for help in a crisis, but please also be sure to take care of your mental health every day. Live a healthy lifestyle: body and mind are connected. Explore meditation and other stress-management techniques. And pay attention to work/life balance: take time to connect with your friends and family. We're here to help, but remember to take care of yourself.

For your future reference, this flyer will be posted on our benefits website.