



RESOURCES TO SUPPORT YOUR MENTAL HEALTH

m MANAGEMENT AND BUDGET
STATE EMPLOYEE GROUP
INSURANCE PROGRAM

Resources to support your mental health

Your mental health is an important part of your overall health and wellbeing. With the stress and social isolation that comes with COVID-19, it is more important than ever to maintain good strategies for your physical and mental health.

Here are tips and resources that can help you, and above all else, know where to get help.

Need to talk? We're here for you.

It's difficult to do anything without hearing about the coronavirus or being reminded of its disruption to our daily life. While there is no shortage of people talking about COVID-19, sometimes you may need someone to help talk you through it. Regardless of your concern, we have people and resources that are here to help.

Talk to a counselor anytime about anything

One of the most valuable tools for employees and their family members is our Employee Assistance Program (EAP). You can call anytime for almost anything; from legal advice, to help searching for childcare, to financial services. They also provide resources to support your mental health, or even just to talk through concerns.

- **Five free sessions, per topic, per person, per year.** If you've already talked to a counselor on a topic earlier this year, you can receive five additional sessions for COVID-19 related concerns.
- **Available 24/7.** Call 651-259-3840 or 1-800-657-3719.
- **Services are confidential.** Your conversations are confidential. Counselors are legally required to notify authorities if they have serious concerns regarding someone's safety.
- **Browse online resources.** The program also has articles and information available online. Visit the [Deer Oaks website](#) and use password "stmn1."

Talk to an online care provider for free

One of the benefits of being an Advantage Plan member is that you receive free online care visits through designated virtual providers. That means you can talk to a mental health care provider from the comfort and safety of your home, with no long waits.

To receive this benefit, use your health plan administrator's designated provider:

- **BlueCross BlueShield and HealthPartners members:** use Doctors on Demand
- **PreferredOne members:** use MDLive

Televisits between you and your mental health care provider

SEGIP's health plan administrators are working to provide expanded televisit options to ensure you can continue to visit with your mental health care provider throughout this pandemic. Contact your health plan administrator to learn about televisit options for with your provider, including phone visits or video appointment.

In these crucial moments, it's important to know that help is available.

Stress less with these self-care strategies

In this time of uncertainty, it's important to give your mental health a little extra TLC. Focusing on what you are grateful for, exercising your body, and relaxing your mind can help you stay mentally fit. Our wellbeing program offers activities that can help. Bonus, when you complete activities you can collect points that can [earn you a reward next year](#).

- **Practice mindfulness with guided courses through Whil.** Focus on your mental wellbeing using the Whil program in [Virgin Pulse](#). The three programs help you get started with meditation, building emotional intelligence, and practicing yoga. The five-minute courses are easy to fit into your schedule and can help bring mindfulness to your day.
- **Take a Journey to improve sleep or reduce stress.** Get online coaching through Journeys in Virgin Pulse. Every day you will get tips that can help you build a healthy habit of your choice. Options include improving sleep, managing your stress, or finding focus.
- **Learn how to manage stress through COVID-19 with meQuilibrium.** Get daily tips from resiliency experts on how to manage uncertainty, stress and anxiety. This resource is available now through May 31 in Virgin Pulse. The activity **does not earn points** toward the wellbeing program reward but is a valuable resource during this stressful time.

Get started in Virgin Pulse

To find these activities, [log in to your Virgin Pulse account](#). Use the "Programs" tab along the top to see a complete list of all activities offered through the platform. To only find activities that count toward the wellbeing program reward, select the "Rewards" tab along the top, and select "How to earn."