



# Mental Health Resources



As a Ben E. Keith employee, you have access to caring, knowledgeable specialists who can provide the kind of support you need to live the kind of life you want and deserve.

If you or someone you know needs support now, call or text the suicide & crisis helpline at 988 or chat at [988lifeline.org/chat](https://988lifeline.org/chat) or dial 911

Counseling Services				
Program	Eligibility	Services	Cost	How to Access
Guidance Resources	Anyone	Receive 6 free counseling sessions per year, per event on relationship and family issues, stress, anxiety, depression, grief, loss, and substance abuse.	No Cost	<a href="https://guidanceresources.com">guidanceresources.com</a> use Organization Web ID BEK, or download the Guidance Now app or call 1-866-517-1267
United HealthCare Virtual Behavioral Health Care	Employees and dependents enrolled in the BEK UHC medical plan	Get confidential, behavioral health care by talking to a psychiatrist or therapist during a virtual visit from the safety and comfort of your home.	Regular co-pay amounts	<a href="https://myuhc.com">myuhc.com</a> or UHC app to sign up
<b>Starting 1/1/2026</b> Teladoc Mental Health Services - Accessible via phone or video	Employees and dependents over age 13 enrolled in the BEK medical plan	Eligible members have access to mental diagnostic services, talk therapy, and prescription medication management, when appropriate. With convenient times available 7 days a week, 7AM – 9PM local time	No cost	Teladoc App or Online <a href="https://teladochealth.com">teladochealth.com</a>
Mobile Apps				
Program	Eligibility	Services	Cost	How to Access
KOA Care 360 App	Anyone	Access interactive digital behavioral health program, tools and resources 24/7. Get access to 100+ evidence-based programs and interventions to help with stress, feeling anxious, trouble sleeping and more.	No Cost	<a href="https://guidanceresources.com">guidanceresources.com</a> use Organization Web ID BEK, then click "Digital Self-Care Tools"
TalkSpace Virtual Chat Service	Employees and dependents enrolled in the UHC medical plan	Online therapy, you can regularly communicate with a licensed therapist, 24/7, safely and securely from your phone or desktop. No office visit required.	No Cost	<a href="https://talkspace.com/connect">talkspace.com/connect</a> Simply register (first visit only) and choose a provider and message anywhere, anytime



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Mobile Apps Continued				
Program	Eligibility	Services	Cost	How to Access
Calm	Available to eligible employees and their dependents over age 16 enrolled in the UHC medical plan at no additional cost	24/7 access to digital content for sleep, stress, and mindfulness—enhanced with evidence-based modules created by psychologists.	No Cost	<a href="http://myuhc.com">myuhc.com</a> or UHC app to sign up
Other Resources				
Program	Eligibility	Services	Cost	How to Access
Marketplace Care Partners	All employees and their family members	The care team will provide confidential personal support in any situation including meeting at a neutral site including home, coffee shop, hospital, nursing home, funeral home or jail upon request.	No Cost	Speak to your HR Manager for contact list or MyChap App which enables 24-hour communication via phone, text, video chat, or email
United HealthCare Live & Work Well	All employees and their family members Employees and dependents enrolled in the UHC medical plan have additional resources	Learn about mental health services and download toolkits to develop a recovery plan to help achieve recovery goals. Suicide prevention resources.	No Cost	<a href="http://liveandworkwell.com">liveandworkwell.com</a> Login using your UHC Healthsafe ID for additional resources including referrals to in-network providers
Huddles	Anyone	Huddles is an interactive online discussion groups focused on a variety of well-being topics aimed to improve self-care, resiliency, well-being, and more. Led by licensed counselors and certified well-being coaches.	No Cost	Log onto <a href="#">Guidance Resources</a> online, click "browse all services" section, click online Huddles
NAMI	Anyone	NAMI provides advocacy, support groups and education programs and public awareness to ensure families and individuals get the support and information they need.	No Cost	800-950-6264 HelpLine is available M-F, 10 AM – 10 PM ET or text "helpline" to 62640, or chat online at <a href="http://NAMI.org">NAMI.org</a>
Findhelp.org	Anyone	Find financial assistance, food pantries, medical care, and other free or reduced-cost help in your area, anywhere in the US.	No Cost	<a href="http://findhelp.org">findhelp.org</a> and type in your zip code to find local resources
BEK Benefits Dept	Anyone	Assist with resources	No Cost	817-877-5700 <a href="mailto:benefits@benekeith.com">benefits@benekeith.com</a>