

Mental Health: Where can you get support?



LOUISBURG
COLLEGE

We all have mental health and it's important to look after it just as we would our physical health. Louisburg College offers a variety of mental health resources to support you and your family.

EMPLOYEE ASSISTANCE PROGRAM (EAP)

With an Employee Assistance Program (EAP), you and your family members have access to free, confidential resources to help handle life's everyday — and not so everyday — challenges, including mental health issues. Please refer to the EAP flyer and website linked below to learn more about the services available to you and your family. The EAP is 100% employer paid. All full-time employees have access to the New York Life EAP through Guidance Resources.

[Click here to learn more about the New York Life EAP](#)

[Click here to visit your EAP website](#), Registration ID: NYLGBS

BCBS MEDICAL PLAN

If you are enrolled in Louisburg's BCBS medical plan, you have access to in-network and out-of-network consultations and treatments for mental health and substance use disorder.

[Benefit Summary—BCBS Plan](#)

BCBS BEHAVIORAL HEALTH RESOURCES

If you are enrolled in Louisburg College BCBS medical plan, you have access to BCBS's many tools and programs to support your behavioral health. This program helps you care for your whole self. Please review the Behavioral Health Resources flyer below to learn more about the resources available to you through BCBS.

[Click here to learn more about BCBS'S Behavioral Health Resources](#).

This is a guide intended for informational and educational purposes only and not for the purpose of rendering medical advice. Always seek the advice of a physician or other qualified healthcare provider with any questions regarding a medical condition.

Counseling and wellbeing support.

Help for everyday challenges.



Personal setbacks, emotional conflicts, or just the demands of daily life can affect your work, health, and family. When life's challenges become overwhelming or you need additional support, you and your family members have someone to talk to.

Counseling sessions – caring guidance for personal concerns

- › Three face-to-face, confidential counseling sessions per issue per year
- › Solution-focused therapy across full spectrum of emotional health issues – anxiety, depression, grief, stress, relationships, etc.
- › Highly experienced and qualified providers: master's-level and Ph.D.-level degrees
- › Referrals to comprehensive legal, financial, and work-life support and resources

Well-being coaching sessions – preventative and holistic support

Five coaching sessions by phone or virtually, with one of our behavioral change specialists to provide support with life stressors, transitions, and everyday challenges such as:

- › Burnout
- › Developing self-compassion
- › Dealing with competing priorities by phone or virtually
- › Time management

Contact Info



Phone: (800) 344-9752



Website: guidanceresources.com

Registration Web ID: NYLGBS

These programs are NOT insurance and do not provide reimbursement for financial losses. Some restrictions may apply. Customers are required to pay the entire discounted charge for any discounted products or services available through these programs. Some services are available at the option of the employer for an additional cost. Programs are provided through third party vendors who are solely responsible for their products and services. Full terms, conditions and exclusions are contained in the applicable client program description and are subject to change. Program availability may vary by plan, type and location and are not available where prohibited by law. These programs are not available under policies issued by New York Life Group Insurance Company of NY. Services are provided exclusively by ComPsychSM effective January 1, 2023. ComPsych is solely responsible for its services and is not affiliated with New York Life Insurance Company or any of its affiliates.

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