

# Because my diagnosis doesn't define me

## Connect with your Here4TN benefits for personalized support, because everyone's mental health matters

There are many reasons you may need behavioral health support. From exploring help during a stressful time to dealing with a lifelong struggle with depression, or wondering whether symptoms like insomnia are related to anxiety, we're here.

Mental health matters. You have support through your **Here4TN** benefits, which are provided at no extra cost.

**Long-term support** is also available if you need it. Your behavioral health benefits offer additional in-person and virtual support and counseling for ongoing concerns, including substance use. The cost-share will be the same as an in-person visit. If you have a PPO, you may be responsible for a copay. If you have a consumer-directed health plan, you may be responsible for your deductible/coinsurance.

## Find what works best for you



**Calm** is the #1 app in the Apple and Google Play Stores for meditation, sleep, relaxation and mindfulness.



**Take Charge at Work** allows you to talk with a coach via phone. Learn to manage symptoms of depression and stress and find better work-life balance.



**Talkspace online therapy** allows you to connect virtually with a licensed therapist via text, audio or video.



**Short-term counseling** through **Here4TN** offers 5 in-person or virtual sessions per issue, per individual, per year.



**Virtual Behavioral Coaching** offers personalized, self-paced support to help manage depression, stress and anxiety. Visit [Here4TN.com](http://Here4TN.com) to get started.

For more information about mental health and to access your benefits, visit [Here4TN.com](http://Here4TN.com). Or call **1-855-Here4TN** (1-855-437-3486), available