



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](https://www.here4tn.com) to get started.

For more information about mental health and to access your benefits, visit [Here4TN.com](https://www.here4tn.com). Or call **1-855-Here4TN** (1-855-437-3486), available

**PARTNERS
FOR HEALTH**

Optum

24/7 support • Confidential in accordance with the law • For you and your family

Here4TN Emotional Wellbeing Solutions is available to you and your family at no extra cost as part of your benefits. The five Emotional Wellbeing Solutions visits per year, per issue are per individual. Members are ineligible for Emotional Wellbeing Solutions visits while they are currently receiving Behavioral Health Services.

State and Higher Education: Emotional Wellbeing Solutions services are available to all benefits-eligible employees and their eligible family members, even if they are not enrolled in medical insurance.

Local Education and Local Government: Emotional Wellbeing Solutions services are offered to employees who are enrolled in medical insurance. Dependents are eligible even if they are not enrolled in medical insurance.

All members (employees and dependents) enrolled in medical insurance are also eligible for behavioral health benefits.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. Consult with your clinician for specific health care needs, treatment or medication. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and are subject to change. Coverage exclusions and limitations may apply.

© 2025 Optum, Inc. All rights reserved. WF18176458 2259188-072025 OHC