

Your Mental Health Services

Your specific benefit-covered mental health and substance abuse services depend on your particular health care option, but services generally include:

- Outpatient assessment and treatment
- Individual and group treatment
- Inpatient assessment and treatment
- Alternative care such as partial hospitalization, intensive outpatient and day treatment programs
- Treatment follow-up and aftercare

To receive the maximum benefit coverage for your care, you must use a network provider and obtain pre-approval of your care.

You can call the toll-free number listed on this brochure any time, day or night, to speak confidentially with a trained, compassionate professional for a referral.

State of Tennessee Employee Assistance Program & Mental Health Substance Abuse

1-800-308-4934

For TTY Users: 1-800-456-4006

6249

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Additional Program Features:

Financial Services

Your program includes services to help you reach your financial goals. You'll be put in touch with a financial expert who can provide information and answer questions on a wide range of topics, including planning for retirement, debt consolidation and more.

Legal Consultation Services

Your program also provides legal consultation services. Call to be referred to an attorney for a prepaid initial in-person consultation or for an immediate telephonic consultation on issues from estate planning to family and divorce law, from civil to criminal matters, and more.

Magellan Self-Screening System

If you would like information on depression or alcohol abuse issues but aren't ready to speak with a counselor, you can use the Magellan Self-Screening System. Available over the phone at **1-866-249-1580** or on MagellanHealth.com, you can take a confidential screening on alcohol abuse or depression.

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www.MagellanHealth.com



Everyone needs help now and then.

Your program offers brief, confidential, solutions-focused consultation and/or counseling for all types of personal issues. And to help you with more difficult problems, your program also offers mental health and substance abuse services and referrals, covered through your health benefits.

Easy to find, confidential assistance is available every hour of every day. Offered by the state group insurance program at no cost to you, services are available to your eligible family members.

We're here to support you with life's challenges and opportunities.

Call the toll-free number in this brochure for information, resources, referrals and support on a wide range of issues. Our professional staff can explain your program, help you assess your needs and direct you to the appropriate services. These services may include prepaid telephonic consultation, in-person brief counseling or a complete range of benefit-covered mental health and substance abuse treatment options.

Visit MagellanHealth.com or call us for information on hundreds of health and wellness topics, including:

- Stress
- Depression and anxiety
- Family or parenting issues
- Alcohol or drug dependencies
- Marital or relationship issues
- Adjusting to change
- Child and elder care
- Workplace concerns
- Grief and loss
- Work/life balance

... And so much more. MagellanHealth.com offers screening tools, self-assessments and personalized improvement plans to help you better understand and cope with your everyday—and not so everyday—concerns.

Whether you're looking for information on health and wellness topics or you're ready to seek personalized assistance, your program can help.



Visit MagellanHealth.com

A wide range of online tools, resources and information is just a click away. Visit our member site at MagellanHealth.com to learn about health and wellness issues, personal development and more.

Tear off the attached cards and keep them handy for quick and easy access to your program.

For information, resources, referrals and self-help tools on a wide range of issues, including:

- | | |
|--------------------------------|------------------------------|
| Stress | Depression and anxiety |
| Family or parenting issues | Alcohol or drug dependencies |
| Marital or relationship issues | Adjusting to change |
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| Grief and loss | Work/life balance |

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