

# Caring for Your Mental Health

You show up every day with compassion and the heart to care for others. This Mental Health Awareness Month, we encourage you to care for yourself by using the ECU Health tools and resources available. To learn more about the programs, [click here](#).

## Free, Confidential Counseling

With our Employee Assistance Program (EAP), you and your family — including your spouse and children under age 26 — have access to a wide range of confidential support services.

### Support services include:

- ▶ **Counseling Services:** Depression, anxiety, burnout, stress, relationship challenges and compassion fatigue. You must reside in North Carolina for these services.
- ▶ **Legal and Financial Services:** Accounting, banking, insurance and legal consultation.
- ▶ **Well-Being Workshops:** A wide variety of well-being workshops are offered, including but not limited to compassion fatigue, mindfulness, stress management, resiliency, work-life balance and burnout.
- ▶ **Department Visits:** Visits can introduce team members to all EAP services in addition to providing manager/supervisor training.

### Get started

- ▶ Email [employeeassistanceprogram@ECUHealth.org](mailto:employeeassistanceprogram@ECUHealth.org)
- ▶ Call **252-847-HELP (4357)**

### Hours of operation

Typical counseling hours are Monday through Friday, 8:30 a.m. to 4:00 p.m. Special arrangements may be made for later appointments. Emergency consultative services are available after hours.

## Virtual Behavioral Health Support

ECU HealthNow makes it easy for you and your dependents to access Behavioral Health services. Dependents are eligible if they are enrolled in an ECU Health medical plan and are at least 10 years old.

### Behavioral Health services available

- ▶ Child behavior and learning issues
- ▶ Coping with loss and grief
- ▶ Financial hardship
- ▶ Marital problems
- ▶ Parenting counseling and advice
- ▶ Issues at work
- ▶ Stresses and challenges of everyday life

## Access ECU HealthNow

Sign up and activate your account using one of these two easy ways:

1. Visit ECU HealthNow at [members.mdlive.com/ECUHealth/landing\\_home](https://members.mdlive.com/ECUHealth/landing_home)\*
2. Call **888-894-0199** toll-free

\* You must use this unique link to establish your account and facilitate claims.



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