

Mental Health Matters

Here's a snapshot of the Virtual Mental Health tools and resources available from Word & Brown's carrier partners.



Aetna Funding Advantage

Aetna's Mental Health resources for AFA are available in all states where the national small group AFA product is sold. [View the flyer](#) that shows the expanded telehealth providers available for mental health.

[Enhanced Provider Search Flyer \(Mental Health\)](#)



Anthem Association Health Plan (AHP)

Anthem Balanced Funding (ABF) Plans

LiveHealth Online: Members can have a video visit with a board-certified psychiatrist or licensed therapist from their smartphone, tablet, or computer.

LiveHealth Online Psychiatrist are available within seven days and provide medication support for those 18 and over. \$0 for members, cost share applies for HSA members (\$55 per visit).



Alma: Alma connects you with a diverse national network of therapists and psychiatrists who fit your budget, schedule, and needs.

Search Alma's directory by age, gender, race, ethnicity, sexual orientation, specialty, therapeutic style, specific concerns, and more. In-person and virtual sessions are available.

Brightline: Brightline is a pediatric and family mental/behavioral health company that delivers experienced, evidence-based support to kids and teens up to age 18, as well as to parents. Families can book convenient sessions with their licensed providers. They also have 24/7 access to a robust library with searchable articles and other digital tools.

Brightside: Brightside offers personalized anxiety and depression care from the comfort of home, with evidence-based therapy, medication, and support of expert providers at every step.

Grow Therapy: Grow Therapy's mission is to get more people into therapy by bridging the gap between therapists and people seeking mental health care.

Customers can search for and choose a unique, qualified therapist who accepts their insurance, identifies with them, and specializes in the areas of their life that they would like to focus on. In-person and virtual sessions are available.

Headway: Headway is an online virtual and in-person therapy and medication management service that matches licensed mental health practitioners with patients based on their unique needs. Customers are able to book available appointments in real time.

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Teladoc Health: Build a relationship with an experienced therapist or psychiatrist via phone or video.

Experts provide support for:

- Anxiety, stress, depression
- Mood swings
- Not feeling like yourself
- Relationship conflicts
- Trauma and PTSD
- Medication management

Start making progress:

1. Set up an account and fill out a brief medical history.
2. Choose the expert you think will be the best fit for you.
3. Pick the preferred dates and times that fit your schedule.
4. Make progress from wherever you're most comfortable.

Visit: teladoc.com

Call: 1-800-TELADOC (800-835-2362)

[Download the app.](#)

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