



# MENTAL HEALTH RESOURCES

## MENTAL HEALTH HUB

The Hub is an online tool that provides access to mental health providers, videos, podcasts, articles and more! Complete an assessment to receive wellbeing programs to suit your needs.

## TELADOC VIRTUAL MENTAL HEALTHCARE

Meet with licensed therapists, psychologists and more available virtually. You have the ability to search in-network based on your needs.

## MENTAL HEALTH COUNSELING

...substance use counseling, psychiatry, and related services are covered under the medical plan (costs vary by provider). [www.headway.co](http://www.headway.co) is a helpful tool for finding in-network providers.

## LEARN TO LIVE

A free, self-guided digital mental health program available that provides digital resources so you can feel better and enjoy life more.



## HOW TO ACCESS BCBSTX RESOURCES\*

Check out the programs included at no added cost through your Blue Cross and Blue Shield of Texas (BCBSTX) plan:

1. Log in at [bcbstx.com](http://bcbstx.com).
2. Click Wellness.
3. Choose Digital Mental Health.

Or tap Digital Mental Health in the BCBSTX App.

### Register a Minor

BCBSTX members 13 to 17 years old can also use the programs. Once you've logged in to Learn to Live using the steps above, go the Resources tab. Then find the Register a Minor link to send your teen a registration email.



Get FREE, confidential, 24/7 services through our EAP, SupportLinc, to help you deal with life's challenges. You and your household members receive 8 FREE sessions with a licensed clinician!

[mysupportlinc.com](http://mysupportlinc.com)

Group code: trinityindustries

Phone #: 888-881-5462



\*You must be enrolled in a Trinity medical plan to access these services.



## VISIT OUR BENEFITS RESOURCE SITE.

All your mental health resources in one place. Go to [trinbenefits.net](http://trinbenefits.net) or scan this QR code for the Benefits Guide, videos, and how to access all mental health benefits.