Mental Health Resources

Your mental health is just as important as your physical health. With this in mind, Princeton University offers a variety of resources designed to help you manage your mental health. If you or an eligible dependent need support, these resources can help you get the care you need. These programs are available to benefits eligible faculty and staff.

Carebridge Employee Assistance Program

The Employee Assistance Plan, offered through Carebridge, provides confidential assistance for work, personal, or family issues. This benefit includes up to eight face-to-face counseling sessions per issue and unlimited telephone counseling sessions and referrals.

- **When should I use this program?** Carebridge professionals are available if you need immediate help coping with every life challenge including anxiety, depression, grief, relationship issues, substance abuse, grief counseling, or drug/alcohol abuse.

- **Who is eligible?** You and/or your dependents are eligible for this program, whether or not your health insurance is through Princeton.

- **How much will this program cost?** This program is provided at no cost to you.

- **How do I access this program?** Carebridge professionals are available 24/7 by calling (800)-437-0911.

Teladoc Behavioral Health

Teladoc Behavioral Health is an easy-to-use, convenient option that allows you to video conference with a licensed health provider – including psychiatrists, psychologists, and counselors – who can provide both therapy and medication management.

- **When should I use this program?** Teladoc’s licensed therapists, who are available 7 days a week, can help you with stress and anxiety, relationship and family problems, emotional difficulties, work pressures, grieving issues, and trauma resolution. You choose your therapist, pick a convenient time, and talk to the therapist from the privacy of your home. You can arrange to speak with the same provider throughout the course of your care.

- **Who is eligible?** You and/or your dependents must be enrolled in a Princeton medical plan to access this service. Participants must be 18 or over.

- **How much will this program cost?** Visits are covered at the same cost as in-network in-person mental health visits. Individuals enrolled in the PHP or HMO will pay the specialist copay. Individuals enrolled in the CDHP or J-1 Visa Plan will pay the coinsurance after the annual deductible is met.

- **How do I access this program?** To register for this service, go to [www.teladoc.com/princeton](http://www.teladoc.com/princeton), download the Teladoc app, or call (855) 835-2362.
Behavioral Health Navigator by Best Doctors

Best Doctors Behavioral Health Navigator leverages a cross-functional team of leading psychologists, psychiatrists, and social workers to help you manage your mental health. They will provide an expert second opinion on your diagnosis and provide an action plan for you to get on the path to wellness faster.

- **When should I use this program?** If your condition isn’t improving or you are unsure if your diagnosis and treatment plan are correct, Best Doctors can help. They can provide clarity and assurance on your next steps while navigating through the complex mental health system.

- **Who is eligible?** You and/or your dependents are eligible for this program, whether or not your health insurance is through Princeton.

- **How much will this program cost?** This program is provided at no cost to you.

- **How do I access this program?** You can access this program by calling Best Doctors at (866) 904-0910 or by downloading the Best Doctors app.

AbleTo by Aetna

AbleTo by Aetna can assist you with the stress and anxiety that comes with a medical condition or life change. You will work with two AbleTo specialists for 8 weeks – once a week with a therapist to address emotional challenges like depression, stress, and anxiety and once a week with a behavior coach to identify health goals and develop an action plan. You can meet face to face with your team using online video or talk over the phone. Appointments are available in the evening and on weekends.

- **When should I use this program?** Some life events can be overwhelming – like struggling with infertility or finding out you have diabetes, heart disease, cancer, or another serious illness. You may feel worried, depressed, or angry – AbleTo can help you gain control of your condition instead of it controlling you.

- **Who is eligible?** You and/or your dependents must be enrolled in an Aetna Princeton medical plan to access this service.

- **How much will this program cost?** There are no fees or copays for this service for individuals enrolled in the Aetna Princeton Health Plan, HMO plan, or J1 Visa Plan. CDHP participants must meet their deductible prior to services being covered. The initial consultation will cost $300, and subsequent visits will cost $275; visits will then be covered at 100% after the deductible is met.

- **How do I access this program?** Call AbleTo at (855) 773-2354 Monday through Friday 9:00 a.m. to 8:00 p.m.

Additional Resources: In addition to the above, Aetna and UnitedHealthcare offer their own telemental health services. To schedule an appointment for this service with Aetna (referred to as Televideo), call their in-network provider Impathy at (800) 442-8938. If you reside outside of NJ, NY, or PA, call Aetna for assistance at (800) 535-6689. To schedule an appointment for this service with UHC, register for an account at www.myuhc.com, and then click on Find a Doctor, Mental Health Directory, People, Provider Type, and then Telemental Health Provider. Visits will be covered at the same cost as in-network mental health visits under your Princeton medical plan.