Mental Well-Being

Your emotional and mental well-being is important...

Resources

and assistance is easy to find.

Coping during uncertain times can feel overwhelming.
You are not alone.

Do you struggle with...

Depression
Addiction
Stress
Loneliness and isolation
Parenting and family problems
Work-life balance
Anxiety
Financial pressures
Grief and loss

We have resources that can help.

100 Overlook Center
Suite 400
Princeton, NJ 08540

Stress
Addiction
Anxiety
Depression
Loneliness and isolation
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Financial pressures
Grief and loss
I don’t know whom to call or where to start. I need to talk to someone today.

My treatment plan isn’t working, so I need more guidance.

I can’t make time for an in-person appointment, but would like to video conference.

### Carebridge

Available to all benefits-eligible faculty and staff and their dependents at no cost.

Provides immediate confidential 24/7 assistance for work, personal, and/or family issues including anxiety, depression, grief, relationship issues, substance abuse, stress management, etc. Short-term counseling is available through this program.

(800) 437-0911

### Best Doctors

Available to all benefits-eligible faculty and staff and their dependents at no cost.

Through their Behavioral Health Navigator service, a team of psychologists, psychiatrists, and social workers will complete an in-depth review, confirm your diagnosis, and provide guidance on treatment options for your best path forward.

(866) 904-0910

or download the Best Doctors app.

### Teladoc

You and/or your dependents must be enrolled in a Princeton medical plan. Participants must be 18 or over.

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. Visits are covered at the same cost as in-network in-person mental health visits.

teladoc.com/princeton

For more information on all mental health programs, visit hr.princeton.edu/thrive.