

2024: VOLUME II MENTAL WELLNESS

Mental health includes our emotional, psychological, and social well-being. It affects our ability to manage stress, function in society, navigate relationships, recognize and foster our abilities, and make healthy choices. Mental health is important at every stage of life.

In 2023, 16% of children, aged 12 to 17, reported having at least one major depressive episode.¹ Additionally, one in five adults in the U.S. will experience a mental health condition during their lifetime. While exercise, sleep, and nutrition all play an important role in increasing our mood, sometimes life brings us more than we can handle, so it is important to know what resources are available. Early intervention and treatment can save your life or the life of someone you know.

Myths About Your Feelings and Asking for Help

People often worry that the concerns or trauma they are feeling may not be valid enough to seek support, but that is not true! If you are experiencing stress, depression, anxiety, or other emotions that are disruptive to your life, then it is real and should be addressed.

Reports shows that individuals worry about “feeling like a failure” for needing help or are concerned about sharing personal information with a stranger. Also, false! **Asking for help is a sign of strength** and mental health professionals are required by law to keep what you share confidential.

Understanding Addiction to Support Recovery

One in seven Americans report experiencing a substance use disorder (SUD).² Addiction is not a sign of weakness. It is a common health condition that affects people of all ages, backgrounds, and socioeconomic groups. No matter what the cause of addiction, early treatment is key to someone’s recovery.



There are several factors that contribute to the onset of addiction, such as genetics, trauma, financial problems, a bad breakup, or the death of a close friend or relative. Stress, anxiety, trauma, and depression can also result in the development of a SUD.

Educate yourself on the warning signs of addiction and how to access resources. Addiction treatment options may include a combination of medications, inpatient rehabilitation, outpatient counseling, cognitive behavior therapy (CBT), dialectical behavior therapy (DBT), and group therapy.

Don’t let stigma prevent you or someone you love from getting the help and support needed.

Get Help Any Time of Day or Night

Substance Abuse and Mental Health Services Administration (SAMHSA)

- 24/7, 365-day-a-year, free helpline
- Treatment referral and information service, in English and Spanish, for those facing substance use disorders and/or a mental health crisis.
- Call (800) 662-HELP(4357)

988 Suicide & Crisis Lifeline

- 24/7, free and confidential support for those in suicidal crisis or emotional distress.
- Call or text 988 or chat at 988lifeline.org/chat to be connected to a trained counselor.



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Carebridge, our Employee Assistance Program, has been very useful during my career at Princeton. I have utilized Carebridge counselors over the years when transitioning back to work after maternity leave and after becoming a legal guardian. I have also attended webinars on caregiving, helping children coping with stress, and supporting employees during the pandemic. Their free life coaching sessions have taught me how to confront obstacles and make positive changes. I recommend keeping Carebridge in mind since it has been a great resource for me.

Stacey Burd
Princeton University
Senior Manager
Benefit Services and Administration



¹: Mental Health America
²: Centers for Disease Control and Prevention

You are not alone. If you are experiencing depression, anxiety, grief, addiction, or relationship conflicts, Princeton's mental health benefits and resources can help.



Carebridge, Employee Assistance Program (EAP)

- Provides phone-based 24/7 in-the-moment support.
- Allows up to eight free in-person or virtual counseling sessions, per issue, per covered person.
- Offers six phone-based life coaching sessions.
- Available to benefits-eligible employees and their dependents.

To schedule an **in-person counseling session** at the Employee Wellness Center, located at 350 Alexander Street, visit princeton.carebridge.com/onsite/counseling.html.

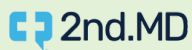
To speak with a Carebridge mental health professional, call (800) 437-0911, visit their website myliferesource.com (use code TW8AE to register), or download their App from Apple or Google Play.



Teladoc Mental Health

- Allows you to video conference with a licensed psychiatrist, psychologist, therapist, or social worker, who can provide both therapy and medication management to help treat depression, anxiety, and stress.
- Confidential visits are covered at the same cost as in-network, in-person mental health visits to you and your eligible dependents enrolled in a Princeton medical plan.

To schedule a virtual visit, go to teladoc.com/startnow or call (855) 835-2362, option 1.



2nd.MD

- Provides expert medical opinion services if you are facing a health concern, including mental health. 2nd.MD will connect you with a leading board-certified specialist via phone or video call for a consultation and expert medical opinion, typically within 3-5 days. Their experts can help ensure your treatment plan is correct and direct you to local high-quality, in-network mental health providers.
- The services are confidential and available to all benefits-eligible employees and their dependents at no cost.

Visit 2nd.MD/princeton or call (866) 841-2575.



AbleTo

- Provides mental health support through cognitive behavioral therapy (CBT) for those suffering from a chronic health condition.
- Work one-on-one with both a therapist and a behavior coach to develop health goals and an action plan.
- There are no fees or copays for this service for Aetna and UnitedHealthcare members. CDHP participants must meet their deductible prior to services being covered.

To get started, visit member.ableto.com/princeton. Aetna members, call (855) 773-2354. UnitedHealthcare members, call (833) 881-1468.



Brightline provides virtual mental health support, therapy, and coaching for your covered children aged 18 months through 17. The Brightline team of licensed therapists, psychologists, and psychiatrists can assess, diagnose, develop a treatment plan, and provide medication management. Visits are covered at the same cost as in-network mental health visits under your plan.

To get started, visit hellobrightline.com/princeton. For additional information, call (888) 224-7332 to speak with a Brightline team member about their services.

Notes to Self



National Alliance on Mental Illness (NAMI)

Available Monday-Friday,
10:00 a.m. – 10:00 p.m., ET.

Call (800) 950-6264 or text "Helpline" to 62640.

For additional support resources, visit nami.org.

Together, we can help you thrive.

Published by the Office of Human Resources. Contact the Benefits Team for more information.
(609) 258-3302 | benefits@princeton.edu | hr.princeton.edu/thrive

