

Thrive Together

Princeton Tools and Resources to Support You

THRIVE
AT PRINCETON

2023: VOLUME II MENTAL WELLNESS

Thrive Together is a quarterly benefits newsletter designed to inform you about important health and wellness topics and to share the related benefits and resources Princeton offers you.

What is Mental Wellness?

Mental wellness, also known as mental health, includes our emotional, psychological, and social well-being. Ask yourself the following questions to determine if you might benefit from assistance from a mental health provider or program: Do you feel isolated or overwhelmed? Do you feel sad? Are you having trouble sleeping? Do you feel like you have purpose? Do you feel anxious more often than not?

You are not alone. One in five U.S. adults experiences a mental health condition during their lifetime. The average time for someone to seek treatment after symptom onset is 11 years. Although taking the first steps can be difficult, don't delay getting the help you need.

Reduce the Stigma!

Approximately one in 25 adults in the United States lives with a serious mental illness. Let's work harder to help reduce the stigma associated with mental health conditions, including substance use. If stigma prevents someone in need from seeking help and treatment, it could be life threatening. Know the facts about mental health, educate yourself and others, and learn to recognize when someone needs help. Strive to be compassionate, offer assistance, and be an advocate.



More than 60% of people with mental health conditions and mental illness will not seek the help they need, with stigma being one of the main reasons.¹

1. National Alliance on Mental Illness (NAMI)

Loneliness Epidemic

Approximately half of the adults in the United States admit to feeling lonely often. Loneliness does not discriminate—all age groups, genders, and races suffer from loneliness. The first step to tackling loneliness is to acknowledge it. Next, find activities and strategies that will help you make social connections:

- Volunteer
- Attend a support or meeting group
- Unplug from social media
- Talk to a counselor
- Practice self-care

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When I began my HR career 25 years ago, mental health benefits barely existed. Today, I am inspired by how far things have come and I am proud to work at Princeton, where mental health is a priority. The array of mental health benefits and programs offered makes it easy to get assistance quickly, whenever you need it.

Lynn Herbine
Princeton University
Senior Benefits Specialist
Wellness & Work Life Programs



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Princeton's mental health benefits and resources can help you manage the stress everyday life brings, including support for depression, anxiety, grief, addiction, and relationship conflicts.

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.
- Unlimited guidance on parenting, elder care, caregiving, education planning, financial concerns, and more.
- Monthly virtual support groups, educational webinars, and digital tools, including eMLife, a mindfulness tool and Tess, AI assistance.

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

To speak with a Carebridge mental health professional, call (800) 437-0911, or 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.

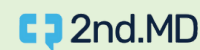
AbleTo



- 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. United Healthcare members, call (833) 881-1468.

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.

988 Suicide & Crisis Lifeline

Free, confidential emotional support
24 hours a day, 7 days a week, across the United States.

Call or text 988 for immediate help.

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

