

Know where to go for care

A guide to navigate mental health

There are many ways to access healthcare, which includes how we access care for our mental and emotional well-being. It is common practice to connect with a provider in a virtual environment whether for an acute condition or counseling services. If you find yourself in need of mental health support, there are a variety of outlets available either virtually or in-person. View the scenarios below and corresponding tips to know where to go for care.

| Cost comparison | No cost | Low cost | Low cost | Higher cost | Highest cost |
|---|-----------------------------|--------------------|---------------------|--------------------|----------------|
| Deciding where to go | Employee Assistance Program | Telehealth e-visit | Primary care doctor | Urgent care center | Emergency room |
| Non-Emergency (feeling blue, work issues or general stress & anxiety) | ● | ● | | | |
| Workplace/work-life services | ● | | | | |
| Legal or financial consultation | ● | | | | |
| Caring for an elderly parent or family member | ● | ● | ● | | |
| Pediatric or adult counseling | ● | ● | ● | | |
| Eating disorders, adjustment/mood disorders | ● | ● | ● | | |
| Addiction or substance abuse issues, not including overdose | ● | ● | ● | ● | |
| Suicidal thoughts or emergencies | | ● | ● | | ● |

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