

Mental Health Resources Guide

EAP	<p>Contact the Employee Assistance Program and access free counseling</p> <ul style="list-style-type: none"> Call HealthAdvocate at 866-799-2485 or go online to healthadvocate.com/members (registration code: NewellBrands). Helpful self-assessments on Emotional Wellbeing are available here: healthadvocate.personaladvantage.com/portal/subject/10000488. We also recommend speaking with a representative who is trained to guide you to appropriate resources. Employees (and their family members) have access to 8 free virtual or in-person sessions with a mental health counselor. You can continue with your counselor after these free sessions if you'd like, and some of them may even be part of the Newell medical plan network. Health Advocate also offers a mental wellness tool called digital cognitive behavioral therapy (dCBT). The modules guide you through steps to build skills to gain inner strength using a variety of tools to change behaviors in coping with stress management, anger management, anxiety, depression and low self-esteem.
LiveHealth Online	<p>Schedule a telemedicine visits with a counselor or psychiatrist</p> <ul style="list-style-type: none"> Through LiveHealth Online you can see licensed providers from the comfort of your home through a computer or smart mobile device. Call 888-548-3432 or go online to livehealthonline.com to register and make an appointment. This service is an in-network provider under the Newell medical plans, but anyone can access the service regardless of their insurance coverage. Visits may require a payment upfront if you are not enrolled in the Newell medical plan or if you have not met your deductible or out-of-pocket maximum for the year. See this helpful article if you have questions on choosing a Therapist: www.helpguide.org/articles/mental-health/finding-a-therapist-who-can-help-you-heal.htm#
Medical & Short-Term Disability Plan	<p>Seek in-person diagnosis and counseling with a licensed provider</p> <ul style="list-style-type: none"> For employees with Newell medical insurance, providers that accept BlueCross BlueShield insurance will have preferred rates. Mental health counseling is a covered service like any other office visit with no visit limitations. Visit anthem.com/find-care/ or call 855-258-2656 to request assistance locating a provider. Most providers will list their specific areas of expertise so you can search for those with experience with your needs. <p>In serious cases, you can apply for short-term disability if you are receiving on-going treatment of a mental health condition that requires you to be away from work.</p> <ul style="list-style-type: none"> You can start an FMLA and/or short-term disability claim by calling Prudential at 877-367-7781. Also make sure you keep your manager and HR partner up to date as soon as you learn you may need a leave.
ADA	<p>Consider if you need an accommodation to your work arrangements.</p> <ul style="list-style-type: none"> If your healthcare provider suggests a change to how or when you do your work to accommodate your health condition, reach out to your manager or HR partner to talk about options. You can also start the process to consider an ADA accommodation request by calling Prudential at 877-367-7781.
Mental Health Workshops	<p>Join a Mental Health Workshop.</p> <ul style="list-style-type: none"> Mental Health continues to be a vital component of your overall wellbeing. To support you, we've partnered with benefits providers to share tools and resources through workshops and activities designed to help you practice self-care and manage balance in your lives. Upcoming & recorded workshop are announced on Newell Central and Newell Now.