



Mental Health Resources

According to the [Centers for Disease Control and Prevention \(CDC\)](#), “Mental health is an important part of overall health and well-being. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.” When someone is dealing with a mental health issue it is important for them to know that help is just a phone call, text or click away.

There are many resources available in New Hampshire and through HealthTrust to help covered individuals and their families. Listed below are mental health resources you and your family can utilize for support to educate yourself or to get connected with a behavioral health professional.

New Hampshire and National Mental Health Resources

- [New Hampshire Department of Health and Human Services \(DHHS\)](#): DHHS provides services for individuals, children, families and seniors, and administers programs and services related to mental health, developmental disability, substance abuse, and public health. In partnership with DHHS, located across the state, are [Community Mental Health Centers](#). These Community Mental Health Centers provide 24-hour emergency services, individual and group therapy, psychiatric services and much more. To learn more about the Community Mental Health Centers in your part of the state, [click here](#).
- [National Alliance on Mental Illness NH \(NAMI\)](#): Working to improve the quality of life for all by providing support, education and advocacy for people affected by mental illness and suicide. **Contact: 800.242.6264**
- [NAMI NH Information & Resource Line](#): NAMI NH's Information & Resource Line is OPEN! To connect with resources and supports in the Granite State, info@naminh.org or **800.242.6264** to leave a confidential message. NAMI NH also offers a number of [educational programs](#) and [online support groups](#).

Crisis Lines

- [National Suicide Prevention Lifeline](#) – Call **988** for free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
- [Veterans Crisis Line](#) – Veterans and their loved ones can call **988 and Press 1**, [chat online](#), or send a **text message to 838255** to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Support for [deaf and hard of hearing](#) individuals is available.
- [Crisis Text Line](#) – Free, 24/7 support for those in crisis. **Text 741741** from anywhere in the US to text with a trained Crisis Counselor.
- [Trans Lifeline](#) – Call **1.877.565.8860** for a hotline staffed by transgender people for transgender people. TransLifeline volunteers are ready to respond to whatever support needs community members might have.

- **[Disaster Distress Helpline](#)** – Call **1.800.985.5990** for a 24/7 national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.
- **[The Trevor Project](#)** – A national 24-hour, toll-free confidential suicide hotline for LGBTQ youth. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call **1.866.488.7386** to connect with a trained counselor.
- **[The LGBT National Help Center](#)** – Call **1.888.843.4564**. Open to callers of all ages. Provides peer-counseling, information, and local resources.

Mental Health Resources Available through HealthTrust

[LiveHealth Online](#): You can visit with a behavioral health professional by appointment via video call without leaving the comfort and privacy of home: livehealthonline.com; **888.548.3432**.

[Log in](#) to your Secure Enrollee Portal (SEP) account and click on the LifeResources button to learn how you can receive up to six free counseling sessions with a licensed health professional via phone, video call, chat, or in person. Receive five free sessions with a certified Well-Being Coach via phone or video call. Additional services include Computerized Cognitive Behavioral Therapy (CCBT), self-guided programs to address a variety of behavioral health issues, online support through guidanceresources.com, ask the expert, read articles and on-demand trainings on mental health topics. Please see the EAP brochure below for login information.

Contact: 800.759.8122. Read the [LifeResources EAP flyer](#) and [CCBT flyer](#).

Slice of Life Wellness Program Powered by Virgin Pulse: [Log in](#) to your Secure Enrollee Portal (SEP) account and click on the Slice of Life button to access the Slice of Life wellness program where you can schedule a session with a health coach to set a wellbeing goal, track healthy habits such as your mood, sleep and stress level, complete a journey about finding emotional balance, reducing stress, sleeping well and more!

For additional support: Visit support.virginpulse.com or utilize the live chat feature on the Virgin Pulse website. Call **888-671-9395** or send an email to support@virginpulse.com. Read the [Slice of Life Flyer](#).

Resources Available on HealthTrust's Secure Enrollee Portal (SEP)

You can learn about all the programs, services and resources available to you through your HealthTrust coverage by logging in to your SEP account. To learn more about the HealthTrust resources described above, click the Mental Health link on your SEP home page. To find out the behavioral health care benefits available through your HealthTrust medical plan, click on Enrollment/Membership Info from the left side menu, click on the Medical/RX button under coverage and documents, click on Cost-Sharing Schedule and scroll to the very last page where Behavioral Health Care benefits are listed. These benefits are plan specific. If you have questions please reach out to HealthTrust Enrollee Services at **800.527.5001**.

Remember that HealthTrust is here for you. If you have a question about your benefits, contact HealthTrust Enrollee Services by sending a message through the SEP Message Center, emailing us at enrolleeservices@healthtrustnh.org, or calling us at **800.527.5001** (Monday - Friday, 8:30 am - 4:30 pm).