

# EMPLOYEE RESOURCES

Tips and resources to maintain your total wellbeing.

Your mental health is just as important as your physical health. Within this resource guide you will find benefits and programs to help you and your family handle the stresses involved with everyday issues and/or crisis situations.

## HONORHEALTH CAREGIVER SUPPORT LINE

We have one number that you can call if you are experiencing stress and would like support and access to helpful caregiving resources. The number is 480-587-6500. It is confidential and will be answered by a trained volunteer colleague who is ready to provide peer support to you.

### Reasons to reach out might include:

- Anxiety
- Depression
- Feelings of vulnerability regarding past addictive behaviors
- Simply feeling overwhelmed or stressed

## MENTAL HEALTH

Maintaining your mental health is an important aspect to improving your total wellbeing. Take steps to be mentally well with following tips and resources.

### Tips to Stay Mentally Healthy

- **Maintain a daily routine.** Daily routines provide reassurance and consistency. Schedule time with your household to connect, get up at your normal time, and try to incorporate exercise or movement into your day.
- **Connect with others.** Prioritize healthy relationships with friends and family through meaningful connections. Meet a friend for coffee once a month or gather your family around the table for dinner regularly. Designate this time as tech-free to encourage conversation without distractions.
- **Try journaling.** Not usually your thing? Give it a try! Write down three things you are grateful for each day.
- **Notice changes in how you feel.** Pay attention to new or ongoing issues you or loved ones might be having with sleep, restlessness, or tension. Connect with your primary care doctor to identify solutions that match your care plan.

# Mental and Behavioral Health Counseling Services

## EMPLOYEE ASSISTANCE PROGRAM

Access strictly confidential counseling **at no cost** through your employee assistance program (EAP). Benefits include 24/7 online and telephonic counseling and up to **three free face-to-face** visits per person, per issue, per year with a licensed counselor.

For assistance, call 866-676-3524 or visit [guidanceresources.com](https://guidanceresources.com) (web ID: HonorHealth). No personal information is ever shared with HonorHealth.

## MAGELLAN BEHAVIORAL HEALTH—FOR MEDICAL PLAN MEMBERS

HonorHealth's mental and behavioral health benefits are administered by Magellan Health Services. If you are enrolled in the HonorHealth medical plan, you and your covered dependent(s), can access confidential care from the comfort of your home.

**With Magellan Behavioral Health services, you can speak to a counselor on your terms and reap the benefits of telehealth:**

- **Privacy:** You can meet with a counselor in the privacy of your own home, car, or office for a real-time, two-way conversation.
- **Convenience and cost-savings:** Because you don't have to drive to an office, you'll be able to save time and money, while practicing smart physical distancing.
- **Faster access to mental health services:** Counselors are typically available for appointments much sooner than conventional counselors.
- **Flexible appointment times:** Counselors are available evenings and weekends, so you can schedule a time that works for you and your life.

### To get started:

1. Call 800-424-4238 or visit [magellanascend.com](https://magellanascend.com).
2. Log into your existing account or sign up for a new account.
3. Click on "Find Care."
4. On the Location tab, under "Choose a Provider List," select "Behavioral Health Program."
5. Enter your zip code, select your distance, and click on "Search."

### Magellan's NeuroFlow app:

Magellan's online behavioral health portal includes a digital program for life, mind, and body. This program is powered by NeuroFlow and is available via app and website. NeuroFlow's platform includes digital cognitive behavioral therapy modules (DCBTs), as well as an easy way to find virtual and brick-and-mortar providers.

Register and complete a quick survey to access activities like breathing exercises, journaling, tracking how you're feeling, and the DCBT modules. You can complete activities, see your progress, and earn badges.

Download the NeuroFlow app and connect it to your activity trackers like Fitbit, Garmin, MyFitnessPal, etc., through Apple Health or Google Fit to track your progress.

## HEADSPACE

HonorHealth offers access to Headspace—an app designed to support your wellbeing—to all full- and part-time employees **at no cost**.

In just 10 minutes a day, Headspace can equip you with valuable skills to promote better wellbeing and help you sleep better, get moving, and practice mindfulness through meditation.

### **With Headspace, you have access to:**

- Guided meditations designed to reduce stress, improve focus and productivity, and much more.
- Sleepcasts and bedtime audio that can help you get a restful night's sleep.
- Quick workouts and guided cardio to benefit both your body and mind.

If you are a full- or part-time HonorHealth physician, resident, physician assistant, nurse practitioner, licensed practical or vocational nurse, registered nurse, case manager, care manager, psychiatrist, psychologist, licensed clinical social worker, or Arizona licensed behavioral health provider, visit [work.headspace.com/honorhealthhcp/member-enroll](https://work.headspace.com/honorhealthhcp/member-enroll) to create an account with your HonorHealth employee ID.

All other full- or part-time HonorHealth employees, please visit [work.headspace.com/honorhealth/member-enroll](https://work.headspace.com/honorhealth/member-enroll) to create an account with your HonorHealth employee ID.

## COMMUNITY INFORMATION AND REFERRAL/SHELTER HOTLINE

For community information and referrals, call the Shelter Hotline by dialing 211 or visit [211arizona.org/](https://211arizona.org/).

## JEWISH FAMILY COMMUNITY SERVICES

This local community agency takes into account insurance and sliding scale. Jewish Family Community Services (JFCS) has a sliding scale fee schedule, telehealth services, and an intake phone contact 602-256-0528.

Visit [jfcsaz.org/programs-services/counseling-behavioral-health/](https://jfcsaz.org/programs-services/counseling-behavioral-health/) for more information.

## CHICANOS POR LA CAUSA

Chicanos Por La Causa is an advocate for underserved individuals and communities that offers services for behavioral health concerns, domestic violence, HIV services, immigration services, parenting counseling, senior service, and substance abuse.

Chicanos Por La Causa offers several locations with multiple counseling, psychiatric, and therapy services. Call 602-257-0700 for more information.



## Substance Abuse Issues

### SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION

The Substance Abuse and Mental Health Services Administration (SAMHSA) provides resources for those dealing with emotional distress or a crisis. Visit [samhsa.gov/find-help/national-helpline](https://samhsa.gov/find-help/national-helpline). Call the SAMHSA Disaster Distress Hotline at 800-985-5990 or text "talkwithus" to 66746. People with deafness or hearing loss can use the preferred relay service by calling 800-985-5990.

## Resources to Help With Stress

- **Mindfulness toolkit:** [mindfulness.tools/](https://mindfulness.tools/)
- **Resiliency toolkit:** [resiliency.tools/](https://resiliency.tools/)
- **Meditation toolkit:** [meditate.tools/](https://meditate.tools/)
- **Meditation apps:** [calm.com/](https://calm.com/) and [insighttimer.com/](https://insighttimer.com/)
- **Practical ways of coping:** [Ten Percent Happier](#)
- **Free academic courses on a variety of wellbeing topics:** [The Science of Well-being: Yale](#)

# Crisis Hotlines

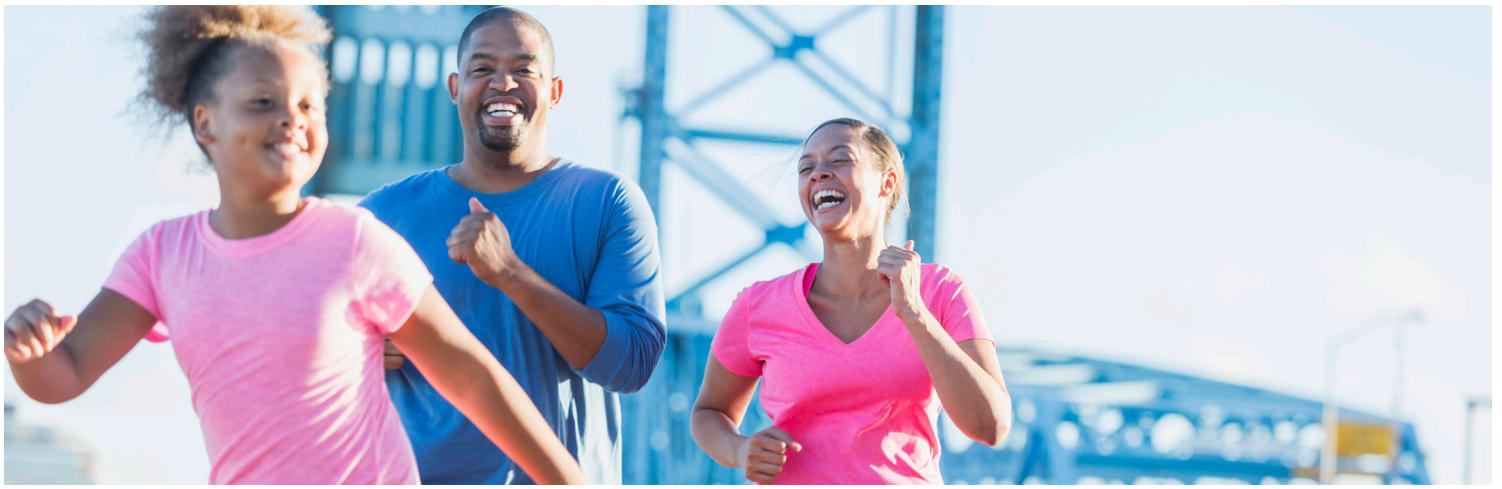
In times of crisis, we all need somewhere to turn to. Utilize this detailed list of both local and national hotlines if you are experiencing stress or need help.

## ARIZONA CRISIS CONTACTS

Organization	Contact Information
<b>Terros Central AZ Crisis</b>	602-222-9444
<b>Crisis Preparation and Recovery (CPR)</b>	480-804-0326
<b>EMPACT Crisis Services</b>	480-784-1500
<b>Magellan Crisis line</b>	800-631-1314
<b>Maricopa County Suicide Hotlines</b>	800-SUICIDE (784-2433) 800-273-TALK (8255) Text: 800-799-4TTY (4889)
<b>Military Veterans Suicide Hotline</b>	800-273-TALK (Press 1 for English; Press 2 for Spanish)
<b>Maricopa Crisis Response Network</b>	800-631-1314 602-222-9444
<b>Sexual Assault Hotline</b>	480-736-4949
<b>Child Protection Service (CPS) Arizona Child Abuse Hotline</b>	888-SOS-CHILD (888-767-2445)

## NATIONAL CRISIS HOTLINE

Organization	Contact Information
<b>National Hopeline Suicide Hotline</b>	800-442-HOPE (4673)
<b>National Suicide Prevention Lifeline</b>	800-273-TALK (8255) Text: "LISTEN" to 741741
<b>Department of Child Safety</b>	888-767-2445 Visit <a href="https://dcs.az.gov/">dcs.az.gov/</a>
<b>National Domestic Violence Hotline (Bilingual)</b>	800-799-7233
<b>National Sexual Assault Hotline</b>	800-656-4673
<b>Shelter Hotline (for Victims of Domestic Violence and Homelessness)</b>	602-263-8900 800-799-7739 Voice and TTY 24 Hour Bilingual Hotline



# PHYSICAL HEALTH

Focus on ways to maintain your physical health. Eat a healthy diet, exercise, and get enough rest to feel refreshed each day.

## Exercise

Daily exercise is important to maintain your physical and mental wellbeing. Here are tips to get fit both at home or at the gym.

- **Connect with nature.** Getting outside for a short 30-minute walk can have great mental and physical health benefits. Walk or run outdoors when you can to soak up some extra vitamin D.
- **Incorporate exercise into your routine.** Sit on an exercise ball at your home desk (make sure to use good posture) or use resistance bands for easy strength training.
- **Enlist the help of a personal trainer.** Most gym memberships offer introductory pricing with an in-house personal trainer. Check with your local gym to see if a personal trainer is available to help you establish a workout routine based on your needs, teach you the basics of weight lifting safely, and how to utilize the machines. Or, download your gym's mobile app to check out free workout videos and tutorials.
- **Involve the whole family.** Pick a time during your day or week when you (and the kids) can practice a quick yoga routine that allows you to get up, stretch, and engage your muscles.
- **Mix it up.** Bring sidewalk chalk with you on your outdoor walk and jot down funny or uplifting messages on the sidewalks to passersby to help spread kindness and brighten someone's day.
- **Socialize your workout.** Partner up with a friend or loved one to go for a walk, run, or to complete a workout class together. Exercising with a friend can help keep you accountable and enjoy your regular workout routine more.





## Healthy Eating

In times of stress, making unhealthy choices can often make you feel worse. Try these healthy eating tips to keep you physically well.

- **Plan your meals.** Create a weekly menu for your household to avoid extra trips to the store, minimize takeout and food waste, and save money. Involve your family in the planning and preparation.
- **Color your plate.** Add as much color as you can to your plate by incorporating fruits and vegetables. Focus on variety, amount, and nutritional value.
- **Drink lots of water.** Try to drink at least 64-ounces or 8 glasses of water a day. Liven up your water with a slice of lemon or piece of fruit and limit alcohol consumption as much as possible to avoid dehydration.
- **Snack smart.** Reach for healthier snacks that support good eating habits like nuts, fruit, and vegetables. Plan and prep your snacks for the week as you would your meals.
- **Make every bite count.** Download the [Start Simple with MyPlate](#) app to revamp your nutrition with personalized eating plans and resources that are right for you based on your age, sex, height, weight, and physical activity level.

## Resources to Stay Physically Healthy

- **Online guided workout videos (free for seven days):** [Centr workouts with Chris Hemsworth](#)
- **24 free live stream workout options:** [Workout at home for free](#)
- **Create your own circuit training routine:** [American Heart Association](#)
- **Cardio, strength, and stretch videos:** [Fitness Blender](#)
- **Workout videos, challenges, and plans:** [Blogilates](#)



## BENEFIT CONTACT INFORMATION

If you have any questions regarding your benefits, please contact our carrier partners.

- **Medical plan:** Learn what services are currently being covered by Ameriben; visit [myameriben.com](https://myameriben.com) or call 602-231-8855.
- **Retirement account:** Visit [prudential.com](https://prudential.com) or call 877-778-2100 for account information. Additionally, Prudential Financial Services has committed to providing HonorHealth with resources to counsel our staff and provide guidance on the ability to access some portion of their retirement savings if faced with financial hardships.
- **Financial planning:** For a fee, you can receive three meetings per year (remote options available). Get help with setting financial goals, retirement planning, budgeting, college savings, and more. Contact Blakely Walters at 480-776-5897 or visit [blakelywalters.com](https://blakelywalters.com).