

# Mental Health – Help is Around the Corner


**FLORIDA BLUE: 03559 & 03769 (PPO); 5190 & 5191(HD-HSA PPO) [www.floridablue.com](http://www.floridablue.com) / 1-800-FLA-BLUE (352-2583)**

**TELADOC** - 800-TELADOC (835-2362) Access 24/7/365 to TELADOC's nationwide network of board-certified physicians is available via phone, video, or mobile app for mental health or general medical consultations with a co-pay.



Download the app from the APP Store on your smartphone or tablet today!

Visit the Employee Benefits site: [https://www.daytonastate.edu/employee\\_benefits/insurance.html](https://www.daytonastate.edu/employee_benefits/insurance.html) to view the summary of Benefits and Coverages for your medical plan or contact FL Blue.

 **Call:** 888-476-2227  
with benefit questions  
or for advice

 **Click:** [floridablue.com](http://floridablue.com)  
and log in to your  
member account

 **Download:** our mobile  
app at [apps.floridablue.com](http://apps.floridablue.com)

 **Visit:** a Florida Blue Center.  
Find one near you at  
[floridablue.com/centers](http://floridablue.com/centers)


**FLORIDA HEALTH CARE PLAN: TS1 and TS2 (HMO) [www.fhcp.com](http://www.fhcp.com) / 386-615-4022 or 1-877-615-4022**


**Doctor on Demand** -Text "FHCP" to 68398 or download the app from the APP Store on your smartphone or tablet today!  
[www.doctorondemand.com/FHCP](http://www.doctorondemand.com/FHCP) - online consultations regarding general medical and psychological issues with a co-pay.


 on demand [WWW.DOCTORONDEMAND.COM/FHCP](http://WWW.DOCTORONDEMAND.COM/FHCP)


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and log in to your  
member account

 **Download:** the mobile  
app **myFHCP** &  
Dr on Demand


 **Visit:** Primary care physician or  
FHCP's Extended Hours Care Center  
or Dr. on Demand


**The Standard – HealthAdvocate: Employee Assistance Program (EAP) 888-293-6948 For TTY services dial 711**


At some point, we all need help coping or making difficult decisions. The EAP makes it easy to access support, guidance, and resources. HealthAdvocate provides our EAP services. The service is confidential. Their professionals can help with referrals to support groups, a network counselor, community resources or your health plan. If necessary, their professionals can connect you to emergency services.

EAP Services are available to you, your spouse, your domestic partner, married or unmarried dependent children up to age 26, and all other household members.

It offers confidential, short term counseling from Licensed Professional Counselors for a full range of personal issues and achieving a healthy work/life balance across the life span. In a crisis, emergency help is available 24/7.

 **Call:** 888-293-6948  
24 hours a day, 7 days a  
Week.

 **Visit**  
[www.HealthAdvocate.com/Standard3](http://www.HealthAdvocate.com/Standard3)  
To explore a wealth of information.

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 **Email:**  
[Answers@HealthAdvocate.com](mailto:Answers@HealthAdvocate.com)

**National Suicide Prevention Lifeline 800-273-TALK (8255) or call 911 24 hours/7 days a week**

If you or someone you know is experiencing warning signs, it's important to get help right away. The first step is to talk to a counselor. Contact HealthAdvocate for confidential support and resources. You can also contact the National Suicide Prevention Lifeline.

Warning Signs:

- Talking or writing about suicide – Hints like “You’ll be better off without me”
- Withdrawal from friends or family – saying or feeling like “They just don’t understand me”
- Expressing hopelessness – Ongoing sadness, rage, desire for revenge, or feeling trapped, worthless, or guilty
- Painful life events – such as loss of relationship
- Changes in behavior – including disinterest in pleasurable activities, or giving away prized possessions
- Taking action – seeking access to a weapon, pills or other means to harm oneself