

MENTAL HEALTH

*Star Tribune
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Diagnosing mental illness isn't a straightforward science. We can't test for it the same way we can test blood sugar levels for diabetes. Each condition has its own set of unique symptoms, though symptoms can overlap.

Common signs and/or symptoms can include:

- Feeling very sad or withdrawn for more than two weeks
- Seeing, hearing or believing things that aren't real
- Trying to harm or end one's life or making plans to do so
- Excessive use of alcohol or drugs
- Severe, out-of-control, risk-taking behavior that causes harm to self or others
- Drastic changes in mood, behavior, personality or sleeping habits
- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or difficulty breathing
- Extreme difficulty concentrating or staying still
- Significant weight loss or gain
- Intense worries or fears that get in the way of daily activities

Worried about yourself or someone you care about?



Ask questions if you notice any of the above symptoms



Try to understand what they're experiencing and how their daily life is impacted



Making this connection is often the first step to getting treatment

KNOWLEDGE IS POWER

Talk with a healthcare professional or use the resources below.

988 SUICIDE & CRISIS LIFELINE

If you or someone you know is in crisis, dial 988 for immediate, free, confidential support from a trained professional. The 988 Suicide and Crisis Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, seven days a week, across the United States.

- Click [HERE](#) to visit the website and learn more.
- Click [HERE](#) to learn how to use the chat feature or for immediate help — call or text 988.
- Click [HERE](#) to learn the signs of suicide and so much more



Emotional Wellbeing Solutions Employee Assistance Program (EAP) — available to ALL Star Tribune employees and family members

We know life can be challenging at times. Issues like illness, debt and family problems can leave us feeling worried or anxious and not able to be at our best. The Optum EAP provides confidential support and resources for you and your dependents at no charge.

You and every covered family member may attend five (5) counseling sessions for each problem per year at no cost to you. Members can schedule either in-person visits in their community OR virtual visits if preferred. You do not need to be enrolled in medical to use EAP services.

- Call: 866.248.4096, available 24/7
- Go online: liveandworkwell.com
 - Code: STARTRIB

AbleTo Program

AbleTo Digital+ is a digital self-paced wellbeing program with the support of a dedicated coach offered at no cost. This program is focused on members who would like help managing symptoms of depression, stress, or anxiety and want to learn coping tools to make each day more manageable. It is available to:

- Members enrolled in the UMR medical benefit plans who are over the age of 18.
- Members enrolled through Surest at a \$0 copay.
- Optum EAP also offers AbleTo.

Access to activities and motivational coaches

- Mobile or web experience
- 8 weekly modules
- 5-6 bite-sized activities each week
- Unlimited access to a coach via phone, video, in-app messaging, or secure email

To get started

1. To begin, log on to ableto.com.
2. Click on the “Get started” button, which will bring you to a quiz about your emotional health.
3. Upon completion of the quiz, you will be prompted to create an account.
4. After creating an account, you will create a profile and check eligibility.
5. Once your eligibility is confirmed, you will need to complete a questionnaire of self-reported symptoms.
6. You will then be able to review the results of the questionnaire and read about how AbleTo can help you feel better.
7. Once you’ve reviewed your results, AbleTo will empower you to select a focus for your program.

Talkspace

Now you can get the extra support you need in a way that works for you. With Talkspace, you can reach out to a licensed, in-network employee assistance program provider, 24/7.

With Talkspace online therapy, you can regularly communicate with a therapist, safely and securely from your phone or desktop. No office visit required.

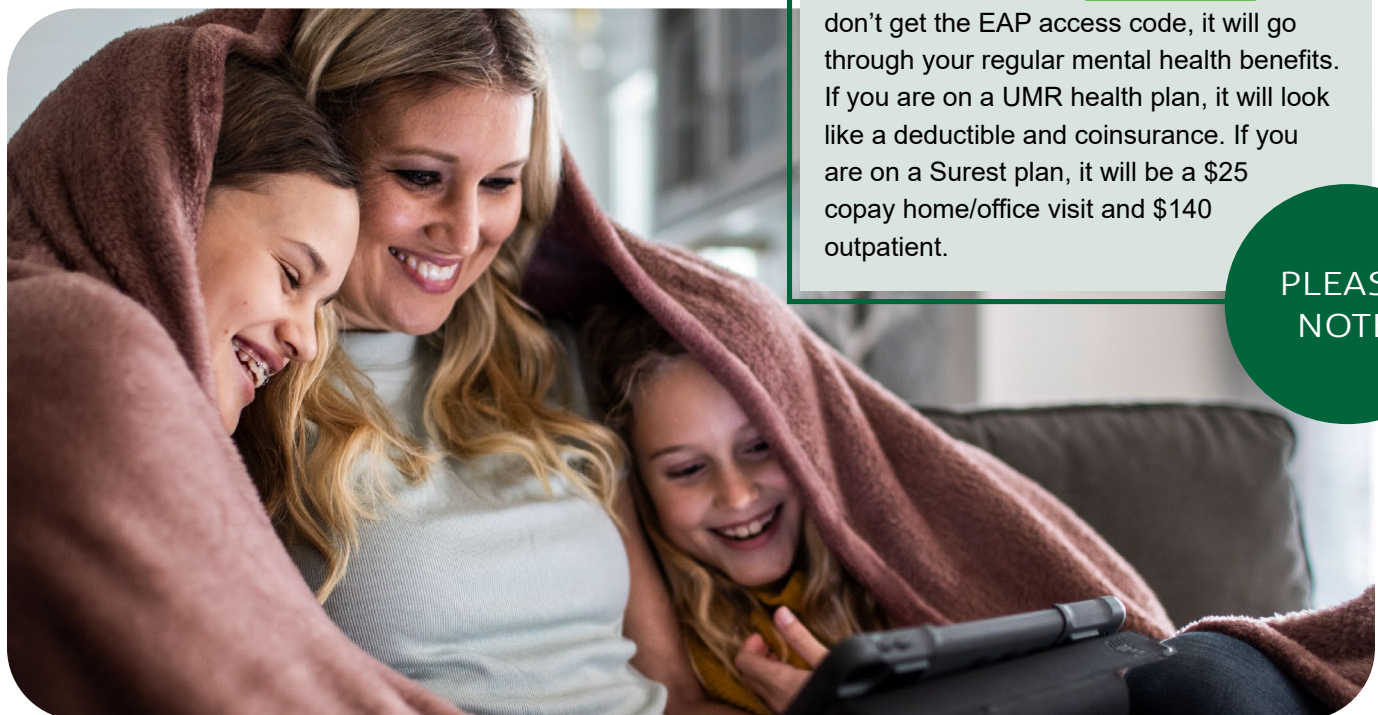
Here's how Talkspace can fit your life:

- Access Talkspace anytime, anywhere.
- Find an EAP provider with an online matching tool.
- Start therapy within hours of choosing your EAP provider.
- Message your EAP provider whenever — no appointments necessary.
- Get messages back throughout the day, five days a week.
- Choose real-time face-to-face video visits by appointment, when needed.

To get started, call your employee assistance program at 866.248.4096 to obtain an authorization code prior to registering (first visit only), choose a provider, and message anywhere, anytime [talkspace.com/connect](https://www.talkspace.com/connect)

After you register, download the Talkspace app on your mobile phone.

Talkspace is your space. To use in your time. It's private, secure, confidential and convenient. And it's covered under your employee assistance program benefits as a participating provider.



If you access through [talkspace.com](https://www.talkspace.com) and don't get the EAP access code, it will go through your regular mental health benefits. If you are on a UMR health plan, it will look like a deductible and coinsurance. If you are on a Surest plan, it will be a \$25 copay home/office visit and \$140 outpatient.

PLEASE
NOTE