



Your mental health matters.

Lucet Behavioral Health Program

Almost everyone has a time in life where mental health plays a role. Whether it's your own journey or supporting someone you love, it's important to know where to go for help. That's why your health plan partners with Lucet. We provide behavioral health services that help you get the care you need, no matter what challenges you're facing.

You don't have to navigate mental health alone

With 24/7 access to licensed clinicians at Lucet, we can help you:

- Understand your behavioral health needs and how you can benefit from care
- Locate in-network providers, specialty doctors and treatment facilities
- Connect with people and groups in your community that can support you
- Coordinate with your doctors to help you achieve your health goals

Get support for things like:

Depression | Anxiety | Substance Use | ADHD
Autism | Bipolar Disorder | Schizophrenia

Specialty services

Care Management Program

Work with a licensed behavioral health clinician who can help you identify your needs, create a treatment plan and coordinate with your doctors.

Autism Resource Program

Care managers specially trained in treating Autism Spectrum Disorder can assist you through the process of obtaining a diagnosis and authorizing treatment.

Substance Use Disorder Clinical Response Unit

Licensed clinicians can assess your needs, teach you about evidence-based treatment options and ensure you are connected with the right care.

Reach out for support



Visit [LucetHealth.com/members/resources](https://www.lucethealth.com/members/resources)

to access self-help and screening tools, and find community resources for things like addiction, child abuse, employment, food pantries, military families and parenting.



When in doubt, give us a call. You can reach us 24/7 by calling the customer service number on the back of your health insurance card.



Not sure what you're looking for? That's okay! Our online resource center can help you learn about different types of providers and levels of care to narrow down your search.



Lucet
LucetHealth.com

Emotional wellbeing and work-life balance resources to keep you at your best

SupportLinc offers expert guidance to help you and your family address and resolve everyday issues



In-the-moment support

Reach a licensed clinician by phone 24/7/365 for immediate assistance



Financial expertise

Consultation and planning with a financial counselor



Legal consultation

By phone or in-person with a local attorney



Short-term counseling

Access up to **six (6) no-cost counseling sessions**, in-person or via video, to resolve stress, depression, anxiety, work-related pressures, relationship issues or substance use



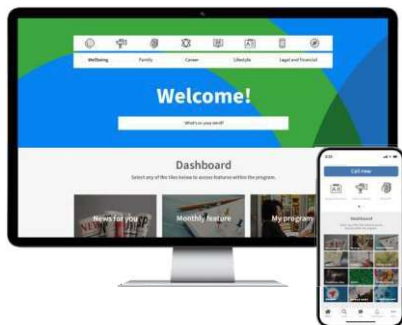
Convenience resources

Referrals for child and elder care, home repair, housing needs, education, pet care and so much more



Confidentiality

Strict confidentiality standards ensure no one will know you have accessed the program without your written permission except as required by law

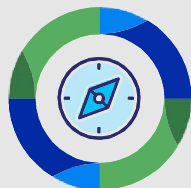


Your web portal and mobile app

- The one-stop shop for program services, information and more
- Discover on-demand training to boost wellbeing and life balance
- Find search engines, financial calculators and career resources
- Explore thousands of articles, tip sheets, self-assessments and videos

Convenient, on-the-go support

- **Textcoach®**
Personalized coaching with a licensed counselor on mobile or desktop
- **Animo**
Self-guided resources to improve focus, wellbeing and emotional fitness
- **Virtual Support Connect**
Moderated group support sessions on an anonymous, chat-based platform



Start with Navigator

Take the guesswork out of your emotional fitness! Visit your web portal or mobile app to complete the short Mental Health Navigator survey. You'll immediately receive personalized guidance to access support and resources.



Download
the mobile
app!

Accessible 1/1/2024



1-800-475-3327



supportlinc.com
group code: **vermillion**



Dear Vermilion Parish School Employee:

Balancing work and home life can sometimes be a challenge. We are pleased to announce that SupportLinc is available with emotional wellbeing and work-life balance resources to help keep you at your best. Administered by CuraLinc Healthcare, your program offers guidance to address and resolve everyday issues at no cost to you or your family.

Features include:



In-the-moment support. Reach a licensed clinician by phone 24/7/365 when you call for assistance to help resolve work-related pressures, depression, stress, anxiety, grief, relationship problems, substance use or other emotional health concerns.



Short-term counseling. Access no-cost in-person or virtual (video) counseling sessions with a counselor available at the time and place most convenient for you.



Coaching. Get assistance from a Coach to boost your emotional fitness, learn healthy habits, establish new routines, build your resilience and more.



Work-life benefits. Receive expert consultations for financial and legal issues. Work-life specialists also provide referrals that help address everyday needs such as child or elder care, pet care, home improvement, auto repair, travel, education and housing needs.



Web portal and mobile app. Get help navigating life's challenges from the convenience of your computer, phone or tablet. Simply create a personal profile to access all the valuable information and resources your program offers.



Text therapy. Exchange text messages, voice notes and resources with a licensed counselor through the Textcoach® mobile and desktop app, Monday-Friday.



Self-guided digital therapy. Strengthen your mental health and overall wellbeing at your own pace with Animo's self-guided digital resources and daily inspiration to foster meaningful and lasting behavior change.



Digital group support. Join confidential moderated group sessions hosted by licensed counselors through the Virtual Support Connect platform on topics such as stress, grief, mindfulness, preventing burnout and more.



Mental Health Navigator. Take the guesswork out of your emotional fitness! Complete a short assessment and receive personalized guidance for accessing program support and resources.

All requests for information or assistance are free and completely confidential. You can contact SupportLinc 24/7/365. Access support whenever needed, wherever it is most convenient for you.



1-800-475-3327



supportlinc.com
group code: [vermilion](#)



support@curalinc.com



Download
the mobile
app today!

Support for everyday issues. Every day.