



## Don't let fear keep you from getting help

*"You are **braver** than you believe,  
**stronger** than you seem, and  
**smarter** than you think."  
— A.A. Milne*

The pandemic has brought on new challenges and stressors. It's also magnified issues people were dealing with before our world got turned upside down. It's no surprise that many could benefit from professional support right now. But some are hesitant to seek help. If you're one of these people, we want you to know that it's ok to ask for help. You don't have to take it all on alone.  
**If it matters to you, it matters.**

**DID YOU KNOW?** April is Counseling Awareness Month. This email is designed to help you understand how counseling works and why it's beneficial.

## Never tried counseling?

We understand that you may have some hesitation in getting started. But it's an important first step toward healing. And, while talking with a counselor may feel uncomfortable, it doesn't have to be. You may find it's easier to talk to a stranger than a friend or family member—and with a counselor, you benefit from getting guidance from an unbiased professional. With virtual options, you don't even have to leave your house. You can talk confidentially from the comfort of your home.



### 5 REASONS YOU SHOULD TRY IT

Counseling can help you work through a variety of life challenges. If you answer yes to any of the questions below, you should try it.

Feeling alone?	Anxious, stressed, or depressed?	Parenting or relationship woes?	Worried about finances?	Struggling with addiction?
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### CAN'T I JUST WORK THROUGH IT ON MY OWN?

Maybe. But why go through it alone when you don't have to? Talking with a counselor helps you gain valuable perspective that you simply can't get on your own. Counselors are trained to listen and understand the nuances of experiences and symptoms. They can help you recognize underlying feelings and get to the root of why you're feeling them. Most importantly, they provide unbiased guidance and support to help you cope and find better ways forward.

# Make today the day you reach out for help

## CONTACT OUR EAP

Our **EAP**, provided by **ComPsych**, allows you to talk confidentially with an expert about any life challenge you're experiencing. Each UNC constituent institution has an assigned phone number. Go [here](#) and scroll down to the contact chart to get the right number for you. Your initial consultation will be free and most UNC institutions provide additional free consultations.

## ALREADY HAVE A THERAPIST OR PREFER TO USE ONE OUTSIDE OF THE EAP?

Mental health, behavioral health, and substance abuse services are all covered under the State Health Plan. How much you pay for services depends on which plan you are enrolled in and the provider you choose. The following provides highlights of in-network coverage for office visits. **Note:** Many providers offer telehealth or virtual visits that allow you to connect with a doctor via laptop, tablet, or smart phone; these visits would have the same copays as regular office visits.



[Find a provider](#)



[Learn about costs for out-of-network providers and other mental health services, including out-patient and in-patient services.](#)

In-Network Office Visit		
	With CPP Provider	With Non-CPP Provider
70/30 Plan	\$0	\$45
80/20 Plan	\$0	\$25
High Deductible Health Plan (HDHP)	50% coinsurance after deductible	

## DON'T FORGET: SELF-HELP RESOURCES ARE AVAILABLE TOO!



The EAP also offers online resources via [Guidance Resources](#).



[Beacon Health](#) (through BCBSNC) web provides additional online resources.



The [COVID-19 Resilience Website](#) offers resources to help you cope with stress.

childcare/  
eldercare

family  
issues

anxiety/  
stress

finances

*If it matters to you, it matters.*

health

*Resources to help you support your well-being and build resilience.*

depression