



## New Mental Health Benefit Coming Soon

These are challenging times for all of us. No matter what you're dealing with, we want you to know that UNC cares and is committed to providing you with mental health resources to help. Beginning October 3, we're introducing a new benefit from Ginger to make it easier than ever to access emotional and mental health support, whenever and wherever you need it.\*

### ON-DEMAND EMOTIONAL AND MENTAL HEALTH SUPPORT ... THERE'S AN APP FOR THAT

**It's called Ginger and it will be available at no cost to you.**

Whether you're feeling stressed, overwhelmed, anxious, depressed, or something else, you can get support in the way that works best for you. Chat via text with a trained behavioral health coach within seconds and meet with a licensed therapist or psychiatrist via video on weekends and evenings—all from the privacy of your smartphone. Plus, access a self-care library with more than 200 clinically validated resources.



Click [here](#) for a quick overview of how Ginger works.

### 3 THINGS YOU SHOULD KNOW ABOUT GINGER



It's **100%** confidential—no one at UNC will know if you use Ginger and any health and personal information you share with your care team will be kept private.



Ginger coaches are available to chat **24/7/365**. If you need additional support, video sessions with a therapist or psychiatrist are also available.



In addition to yourself, your **dependents age 18 and older** can use Ginger too!

# Check Out These Real-Life Testimonials from Ginger Members

*I enjoy chatting with my coach. It feels like I'm texting with a non-judgmental friend.*

*My Ginger Care team has helped me unlock my thoughts in a different direction so I can see them from a whole new perspective.*

*I have been put on countless waitlists to see a therapist, and I was starting to lose hope I would be able to get help. Ginger provided quick support when I really needed it.*

## IS GINGER REPLACING THE EMPLOYEE ASSISTANCE PLAN (EAP)?

It's important to understand that Ginger doesn't replace the EAP offered through ComPsych. Both Ginger and the EAP provide benefits that are designed to help you deal with life's challenges but the one you'll use will depend on the type of issue and level of support you need. The EAP continues to be a great resource if you're struggling with personal and work-related problems, as it offers confidential counseling, online resources and referrals for things like child/elder care and home repair.

Ginger provides enhanced services for those who need more emotional and mental health support. With Ginger, you can connect with a behavioral health coach anytime, 24/7/365. Your coach will work with you to address the sources of your stress and how to create healthier behaviors. If you need more support than a behavioral health coach can provide, a licensed therapist or psychiatrist can be added to your care team.

## Watch for More Information

Over the next few weeks, you'll receive several emails with details about how Ginger works and how to access this benefit when it becomes available.

*\* You are receiving this communication as your institution is participating in the Ginger program. Not all UNC constituent institutions elected to participate in Ginger at this time. Please contact your Human Resources Department for additional information.*

