

Your mental health matters



We have you covered

Stryker provides several resources to help you and your family. We care not only about your physical health but also your mental and emotional wellbeing. In time of need, please reach out and take advantage of the resources available to you.

Mental Health Program and Employee Assistance Program

Lyra Health, our Mental Health and Employee Assistance Program (EAP) is available 24/7 for confidential support. Whether you're feeling stressed, anxious or depressed, support from Lyra's coaches and therapists can get you back on your feet.

With Lyra, you and your household family members and dependents have access to:

- 10 free mental health sessions annually
- Legal, financial and identity theft consultations
- Elder and childcare resources and referrals

833 511 0159

stryker.lyrahealth.com

Wellbeing program

In Strive, our wellbeing program, you'll find several mental health resources including digital coaching Journeys on topics like stress, resilience and sleep. Through Strive, you also have access to **RethinkCare**, a mindfulness program that can help you create daily routines to reduce stress and increase resilience.

strive.stryker.com

Don't wait to get help

If you or someone you know is in crisis or you are concerned about someone harming themselves or others, call 911 or go to the nearest emergency room.

Optum Emotional Support Public Line

866 342 6892
(Free of charge; available to anyone)

Suicide & Crisis Lifeline

Call the **National Suicide Prevention Lifeline**. Counselors are available 24/7 and can help you make a safety plan if you need help or if you're worried about a family member or friend.

988 or 800 273 TALK (8255)

suicidepreventionlifeline.org

Addiction or substance abuse

Get 24/7 no-cost support from the **Substance Use Disorder Helpline**, which can provide education, guidance and resources.

855 780 5955

liveandworkwell.com/recovery

Domestic abuse

Contact the **National Domestic Violence Hotline** by phone or live chat. Advocates are available to talk to you free of charge and can help you find a safe solution.

800 799 SAFE (7233)

thehotline.org

myUHC.com

Once logged in to **myuhc.com**, access additional resources by clicking on Health Resources, then Mental Health and Substance Use. You will find resources on several mental health topics, along with self-assessment tools for areas including anxiety, depression, resiliency and PTSD.

Mental health coverage

If you're enrolled in a Stryker medical plan, you have access to **behavioral health coverage**, including inpatient and outpatient mental health treatment, medication management and substance use disorder services. For details, contact your carrier or speak with your primary care physician.

UHC 800 387 7508
myuhc.com

Kaiser 800 464 4000
kaiserpermanente.org

BCBSAL 800 292 8868
bcbsal.com

HMSA 800 776 4672
hmsa.com

Talkspace and Calm Health for UHC members

If you are enrolled in a UnitedHealthcare medical plan, you have access to:

- **Talkspace** online therapy to confidentially talk to a licensed therapist from your phone or desktop, by text, voice or video message.

talkspace.com/connect

- **Calm Health** provides programs and tools to support your mental and physical health.

myuhc.com