

# 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](http://stryker.lyrahealth.com)

### Talkspace for UHC members


If you are enrolled in a UnitedHealthcare medical plan, you can use **Talkspace** online therapy to confidentially talk to a licensed therapist from your phone or desktop, by text, voice or video message. For more information on virtual care options through Kaiser, BCBSAL, HMSA or Cigna, contact your carrier.

 [talkspace.com/connect](http://talkspace.com/connect)

### 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](http://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](http://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](http://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](http://myuhc.com)

 **Kaiser** 800 464 4000  
[kaiserpermanente.org](http://kaiserpermanente.org)

**BCBSAL** 800 292 8868  
[bcbsal.com](http://bcbsal.com)

**HMSA** 800 776 4672  
[hmsa.com](http://hmsa.com)

### Wellbeing program

Strive is a free wellbeing program that you and your spouse/domestic partner can participate in. Within Strive you'll find several mental health resources including digital coaching Journeys on topics like stress and sleep, habit tracking that can help you stay accountable to your goals and RethinkCare, a mindfulness program that can help you create daily routines to reduce stress and increase resilience.

 [strive.stryker.com](http://strive.stryker.com)