## Your Mental Health Services

Your specific benefit-covered mental health and substance abuse services depend on your particular benefit plan, but services generally include:

- Outpatient assessment and treatment
- Individual and group treatment
- Inpatient assessment and treatment
- Alternative care such as partial hospitalization, intensive outpatient and day treatment programs
- Treatment follow-up and aftercare

To receive the maximum benefit coverage for your care, you must use a network provider and obtain pre-approval of your care.

You can call the toll-free number listed on this brochure any time, day or night, to speak confidentially with a trained, compassionate professional.

Maricopa County

Employee Assistance Program

**1-888-213-5125**

6359

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## Additional Program Features:

### Legal Consultation Services

Your program also provides legal consultation services. Call to be referred to an attorney for a prepaid initial in-person consultation or for an immediate telephonic consultation on issues from estate planning to family and divorce law, from civil to criminal matters, and more.

### Financial Services

Your program includes services to help you reach your financial goals. You'll be put in touch with a financial expert who can provide information and answer questions on a wide range of topics, including planning for retirement, debt consolidation and more.

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Living Healthy Working Well®

Maricopa County

Employee Assistance Program

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MagellanHealth.com/member

# Everyone needs help from time to time.

Your program offers brief, confidential, solutions-focused consultation and/or counseling for all types of personal issues. And to help you with more difficult problems, your program also offers mental health and substance abuse services, covered through your health benefits.

Easy to find, confidential assistance is available every hour of every day. This program is offered by your employer at no cost to you and, depending on your program, to your spouse and other members of your household.

## Easy access to services

Call the toll-free number in this brochure for information, resources, referrals and support on a wide range of issues. Our professional staff can explain your program, help you assess your needs and direct you to the appropriate services. These services may include prepaid telephonic consultation, in-person brief counseling or a complete range of benefit-covered mental health and substance abuse treatment options.

"My program is always there for me, whether I need help with my kids or a new perspective on how to advance in my career."

## Visit us online today

Visit www.MagellanHealth.com/member for information on hundreds of topics, including:

- Health and wellness
- Child and elder care
- Family or parenting issues
- Work/life balance
- Marital or relationship issues
- Pre and postnatal concerns
- Grief and loss
- Depression and anxiety
- Stress
- Alcohol or drug dependencies

…And so much more. MagellanHealth.com/member offers screening tools, self-assessments and personalized improvement plans to help you better understand and cope with your everyday—and not so everyday—concerns.

Whether you're looking for information on health and wellness topics or you're ready to seek personalized assistance, your program can help.

**Your program is here to support you through life's challenges and life's opportunities.**

MAGELLAN HEALTH SERVICES®

*Getting Better All the Time™*

In California, services are delivered by Magellan subsidiaries: Magellan Health Services of California—Employer Services and Human Affairs International of California.

"It's time I made some changes in my life—to live life more fully."

*Tear off the attached cards and keep them handy for quick and easy access to your program.*

**For information, resources and self-help tools on a wide range of issues, including:**

| | |
|---|---|
| Health and wellness | Pre and postnatal concerns |
| Child and elder care | Grief and loss |
| Family or parenting issues | Depression and anxiety |
| Work/life balance | Stress |
| Marital or relationship issues | Alcohol or drug dependencies |

**Visit MagellanHealth.com/member or call!**

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