



# Mental Health Resources for Employees and Their Family Members

## **MIIA Health Benefits Trust Resources: for Members on a MIIA/BCBS Health Plan**

- AllOne Health employee assistance program: 1-800-451-1834 or online at [www.allonehealth.com/MIIAEAP](http://www.allonehealth.com/MIIAEAP)
- Learn to Live: online confidential programs for anxiety, depression, stress, worry, insomnia and substance use; <https://www.learntolive.com/how-we-can-help>
- Mindwise: online confidential screenings for anxiety, depression, alcohol use, eating disorders, gambling, bipolar, PTSD, and psychosis; <https://screening.mentalhealthscreening.org/MIIAWellness>

## **COVID19 Related**

- BCBS general concerns: 1-800- 372-1970
- BCBS Resource Center: <https://www.bluecrossma.org/myblue/coronavirus-resource-center>

## **Suicide and Crisis Prevention**

- Massachusetts 24-hour hotline: <https://www.mass.gov/service-details/suicide-prevention-crisis-hotlines>
- National Suicide Prevention Hotline: 1-800-273-8255

If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline network is available 24/7 across the United States

- Samaritans Statewide Crisis line: call or text (8am - 11pm, 7 days a week): (877) 870-4673 or online chat at <https://samaritanshope.org/our-services/247-crisis-services/>

## **Violence, Domestic Violence, Rape**

- Safe Link (domestic violence): (877) 785-2020; Chat on the website: <https://www.thehotline.org/what-is-live-chat/>. Advocates are available 24/7 at in more than 200 languages. All calls are free and confidential.
- National Domestic Violence Hotline: 1-800-799-7233; Chat on the website: <https://www.thehotline.org/what-is-live-chat/>. Advocates are available 24/7 at in more than 200 languages. All calls are free and confidential. El chat en español está disponible todos los días de 12–6 p.m.
- Boston Area Rape Crisis Center: 1 (800) 841-8371

## **LGBTQ**

- Trevor Project (LGBTQ youth): 1-866-488-7386; trained counselors are here to support you 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the TrevorLifeline now at 1-866-488-7386.
- Fenway Health: LGBT Aging Project: <https://fenwayhealth.org/the-fenway-institute/lgbt-aging-project/>
- Trans Lifeline: 1-877-565-8860

## **Health/Medical**

- Blue Cross Blue Shield Nurse Line: 1-888-247-BLUE (2583)

## **Substance Use/Abuse**

- Substance Abuse and Mental Health Services Administration: 1-800-662-HELP (4357), SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.
- The Massachusetts Substance Abuse Hotline: 1 (800) 327 - 5050

## **Veterans**

- US Veteran's Crisis: Line: 1-800-273-8255; Text: 838255; deaf & hard of hearing: 1-800-799-4889