

HEALTHY BOILER

BEHAVIORAL HEALTH



As you work to improve your overall health and wellness, it's important to include your behavioral health as well. Purdue advocates for integrated care programs that focus on behavioral health and community support, helping you develop positive relationships, maintain perspective and cope with life's challenges. Our **Beyond the Surface** call to action works in conjunction with these behavioral health resources to normalize mental health struggles and prioritize mental wellness in all of our lives.

SUPPORTLINC



purdue.edu/hr/Benefits/medical/SupportLinc.php

Purdue West Lafayette: SupportLinc (username: purdue) is our provider of behavioral health services for benefits-eligible faculty and staff and their dependents covered on a Purdue health plan. When you speak to a SupportLinc Care Advocate, you'll be referred to counselors that match both your clinical and cultural needs.

- + **SupportLinc eConnect®:** Quick access to talk/chat with a counselor
- + **Textcoach® mobile app:** Option to exchange texts with a licensed counselor for up to six weeks
- + **Animo:** Personalized digital resource to help strengthen mental health and overall well-being
- + **Navigator:** Online short survey that provides personalized guidance for program support

Note: CHL behavioral health counselors are available by referral only from a SupportLinc Care Advocate.

Purdue Fort Wayne: Behavioral health services for employees is provided by the **Bowen Center**

Purdue Northwest: Behavioral health services for employees is available through **New Avenues**

LIVE YOUR BEST LIFE

The **Healthy Boiler Program** offers a full spectrum of benefits and resources aimed at improving your health and wellness.

And because we believe overall wellness is multi-faceted, the program focuses on your **behavioral health, financial wellness, physical health, social wellness and work-life integration** to help you be the best you can be.

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ANTHEM LIVEHEALTH ONLINE

PSYCHOLOGY



livehealthonline.com/psychology

- + Online access to licensed therapists
- + Assistance with common behavioral issues such as grief, anxiety, stress, depression and more

PSYCHIATRY



livehealthonline.com/psychiatry

- + Online access to expert advice, treatment plans and medication
- + Board-certified psychiatrists
- + Assistance with issues such as stress, depression, medication concerns, panic attacks and more

ADDITIONAL MENTAL HEALTH RESOURCES

Mental Health Resources

Resources available via Purdue and the community

- + Online options, apps and more

Learn2Live

Emotional support resources available via anthem.com

- + Personalized, one-on-one coaching
- + Mindfulness on-the-go programs
- + Live and on-demand well-being webinars
- + Resources to manage stress, depression, anxiety, substance use and sleep issues

Mental Health America (MHA)

Nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness

- + Crisis Center Hotline
- + Access to a variety of DIY tools
- + Online mental health screenings
- + Resources for immediate response

National Alliance of Mental Illness (NAMI)

Nation's largest grassroots mental health organization

- + Crisis Text line
- + NAMI HelpLine
- + Video resource library
- + Online discussion groups

National Suicide Prevention Lifeline

Free and confidential emotional support to people in suicidal crisis or emotional distress

- + Available 24/7/365 at 800-273-8255
- + Specific resources available for wide array of individuals, including Veterans, Native Americans, youth, LGBTQ+, loss survivors, attempt survivors and more

Psychology Treatment & Research Clinics

Training and research facility for the Clinical Psychology program at Purdue

- + Assessment and therapeutic services for children, adults and families