



Because my
anxiety
doesn't define me

October 10th is World Mental Health Day

There are a range of reasons you may need mental health support. From exploring help during a stressful time to dealing with life-long struggle with depression, or if you're curious if symptoms like insomnia are related to anxiety, we're here.

Today and every day, let's focus on the importance of taking care of your mental health and what common symptoms or mental health concerns may look like. Because your mental health matters. You have support through your State Employee Assistance Program (SEAP) benefits, which are provided at no extra cost.

Find what works best for you



Sanvello app

Explore no-cost tools on-demand to help dial down the symptoms of stress, anxiety and depression—24/7. Scan this QR code to get started with Sanvello. —>



Short-term counseling

Four no-cost visits with a counselor in person or virtually.



Talkspace online therapy

Connect virtually with a therapist using secure text, audio or video message from your phone or desktop. To get started, call SEAP at 1-800-692-7459.

SEAP

1-800-692-7459,
TTY 711

liveandworkwell.com
access code:
Pennsylvania



24/7 support • Confidential in accordance with the law • For you and your family

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. Consult with your clinician for specific health care needs, treatment or medication. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and is subject to change. Coverage exclusions and limitations may apply.

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