

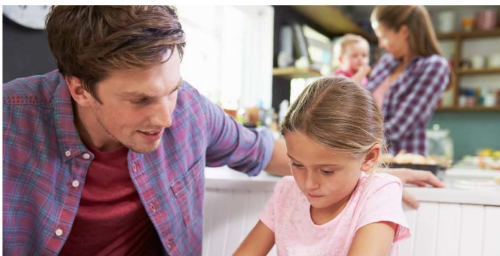
IT'S OK NOT TO FEEL OK

EXPANDED MENTAL HEALTH SUBSTANCE ABUSE ASSISTANCE

The LINECO Board of Trustees has expanded your Mental Health and Substance Abuse benefits and access to clinicians.

If you or a family member is struggling with your emotional well being, please do not forget there are professionals and benefits that can assist you. Help is a simple phone call or click away.

BENEFITS AND VISITS ARE CONFIDENTIAL AND PROTECTED BY PRIVACY LAWS



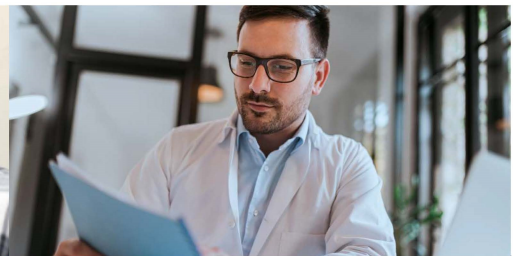
MEMBER ASSISTANCE PROGRAM (MAP)

**6 FREE Visits,
Contact Carelon**



TELADOC MENTAL HEALTH COUNSELING

**ALL Sessions FREE,
Contact Teladoc**



BLUE CROSS BLUE SHIELD PROVIDERS

**80% Plan Payment
(less any deductible / out of pocket)**

JOIN US ON THE PATH TO A HEALTHIER YOU

Knowing the facts about suicide and how to talk about it can be crucial for helping loved ones, coworkers, and yourself. Look to your MAP, Teladoc, or Blue Cross Blue Shield Network clinicians.

If you have suicidal thoughts or need to talk to someone, contact the National Suicide & Crisis Lifeline for immediate help by dialing or sending a text to 988.

www.988lifeline.org



IMPORTANT PHONE NUMBERS

LINECO Member Services	1-800-323-7268
Member Assistance Program (MAP) /Carelton	1-800-332-2191
Teladoc Mental Health / Telemedicine	1-800-TELADOC (835-2362)
Blue Cross Blue Shield Provider Finder	1-800-810-BLUE (2583)
National Suicide & Crisis Lifeline.	988 (Call or Text)