

Mental Health Support

Resources for You

AI Fire offers support resources to help you manage life's challenges, including mental health, physical health and safety. There's no reason we should face these challenges alone and we encourage you and your eligible dependents to take advantage of these helpful and **completely confidential** resources:

Behavioral Health Support

Find providers: With the Live and Work Well program, UnitedHealthcare makes finding behavioral health providers easy. With a quick search, you can identify therapists, psychiatrists, or other behavioral health clinicians and facilities near you, with expertise in the areas you're looking for. You can even schedule appointments once you find the provider that's right for you.

Learn more: Take advantage of an online library that features articles, videos, interactive self-help programs, and other tools to help you address health concerns and build resilience in your everyday life.

Access on-demand self-help: Download the Sanvello app from the App Store or Google Play for a convenient way to help manage stress, anxiety, and depression. Take advantage of meditation, guided journeys, community support, and more to help achieve self-improvement.

Available to all employees and dependents enrolled in a medical plan through AI Fire. The Sanvello app is available to members age 13 and older.

Get started

Sign in or register on www.myuhc.com. Then, go to **Coverage & Benefits > Mental Health**.

Virtual Therapy

Licensed behavioral health therapists are available to provide one-on-one video support from the convenience of your mobile device or computer. You can build a personal relationship with your therapist, and see them for all future appointments, at times that work best in your schedule.

Therapists are skilled at helping children, teens, and adults, and are qualified to provide a diagnosis, treatment, and medication. Some common conditions therapists can assist with include ADD/ADHD, addiction, anxiety, depression, and mental health disorders.

Eligibility


Available to all employees and dependents enrolled in a medical plan through AI Fire.

Get started


Sign in or register on www.myuhc.com. Then, go to **Find a Doctor > Mental Health Directory > People > Provider Type > Telemental Health Providers**.

HELPFUL RESOURCES

Virtual Therapy: Sign in or register on www.myuhc.com. Go to **Find a Doctor > Mental Health Directory > People > Provider Type > Telemental Health Providers**.

- Check out the [Virtual therapy program overview](#) 

Behavioral Health: Sign in or register on www.myuhc.com. Go to **Coverage & Benefits > Mental Health**.

- Check out the [Behavioral health program overview](#) 
- Use the [Sanvello mobile app](#)

