

# Collin College Mental Health Wellness Resources for Full-Time Employees

The following programs are for *Full-Time* employees enrolled in *HealthSelect and Consumer Directed HealthSelect* medical plans.

## Mental Health Resources:

<b>Mental Health IN PERSON Visits</b>	In person visits for mental health needs for members and dependents	<a href="https://healthselect.bcbstx.com/medical-benefits/mental-health">https://healthselect.bcbstx.com/medical-benefits/mental-health</a>
<b>Mental Health Virtual Visits</b>	Virtual visits for mental health needs for members and dependents. Two programs: Doctor on Demand MDLIVE	<a href="https://healthselect.bcbstx.com/medical-benefits/mental-health">https://healthselect.bcbstx.com/medical-benefits/mental-health</a>
<b>Learn To Live</b>	Digital Mental Health online, coach supported Condition Management Program for members and dependents 13 and older.	<a href="https://healthselect.bcbstx.com/condition-management/learn-to-live">https://healthselect.bcbstx.com/condition-management/learn-to-live</a>

The following program is for all *Full-Time employees and their household members*. Enrollment in Collin College medical insurance through ERS is NOT required.

## Mental Health Resources:

<b>AllOne Health Employee Assistance Program</b>	Free, confidential short-term counseling (up to 8 visits), website with work/life balance topics, financial and legal assistance, estate planning and more.	<a href="http://AllOneHealth.com/DeerOaks">AllOneHealth.com/DeerOaks</a> Toll-Free Helpline: 1-888-993-7650 Company Code: collin
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