

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:

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

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:

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