

Office of Group Benefits Mental Health/Substance Abuse Program

Expert support for life's biggest challenges

"I feel overwhelmed and anxious;
how can I control this?"

"I'm losing sleep over marriage problems;
who can I talk to?"

"My spouse may have a drinking problem;
where can I get help?"

"My son's been diagnosed with ADHD;
what can I do?"

To get the answers you need, turn to your Office of Group Benefits Mental Health/Substance Abuse (MHSA) Program. The program is easy to use and offers confidential help for tough emotional health issues like . . .

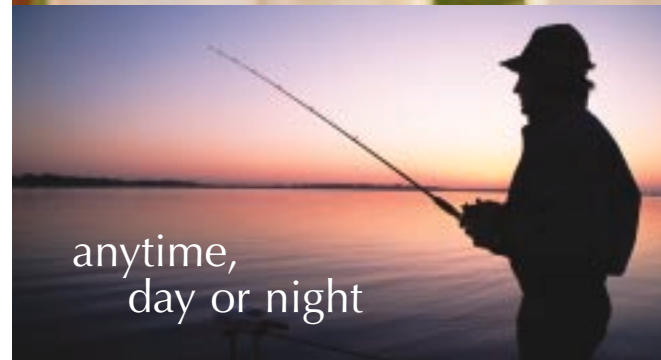
- Severe stress and anxiety
- Depression
- Family or relationship concerns
- Drug or alcohol dependency
- Coping with grief and loss
- And more

Your MHSA Program is administered by United Behavioral Health (UBH) and provides all levels of care, including outpatient counseling and more intensive outpatient therapy, day treatment programs and residential or inpatient care. Services are provided by UBH network professionals, facilities and programs located throughout Louisiana and the U.S.

The UBH professionals you speak with are licensed therapists, clinicians, clinical social workers, and other experts. They have the training and real world experience to understand what you're going through. Just call 1-866-492-7143 (1-866-512-3764 TDD) to speak to an expert who will listen to your concerns and recommend services and clinicians to best meet your needs.



confidential



anytime,
day or night

Call toll-free anytime

1-866-492-7143

1-866-512-3764 TDD

or log on to

www.liveandworkwell.com

access code: sebois

Office of Group Benefits
Mental Health/Substance Abuse Program

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help with the
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everyday life.*

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Online Anytime

Not ready to call? Your MESA connects you to liveandworkwell.com, an innovative work and wellness Web site. You have free access to specific benefits information as well as a wide range of behavioral health-related information and resources, all at your fingertips. With liveandworkwell.com, you can:

- **Check** your benefits.
- **Search** for mental health clinicians.
- **Learn** new skills on topics such as stress management, team building and improving communication skills.
- **Participate** in online chats and group discussions.
- **Try** dozens of useful calculators and planning tools.
- **Research** medications and identify potential drug interactions.
- **Explore** an extensive library of health and wellness articles and publications.

Take advantage of all liveandworkwell.com has to offer. Go to www.liveandworkwell.com and type in access code **sebois**. You can even personalize the site to deliver the information that matters most to you.

Nominate Your Clinician

If you are seeing a clinician who is not part of UBH's network, you can ask him or her to contact UBH at **1-866-492-7143** to find out how to join the UBH network.

Invest in Yourself

UBH is available 24 hours a day, 365 days a year. All calls and use of services are kept completely confidential. And remember, all care must be pre-approved by UBH.

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Mental Health/Substance Abuse Program

Your **Mental Health/Substance Abuse Program** gives you and your covered family members access to in-person support for a wide range of concerns, including:

- Depression
- Alcohol or drug dependency
- Eating disorders
- Physical abuse
- Coping with grief and loss
- Compulsive gambling

This program is administered by United Behavioral Health, the leader in emotional health and wellness services.

