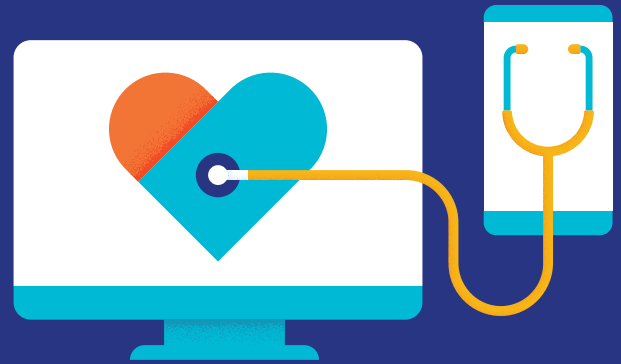




# Access to behavioral health resources and care, in one place



Connecting to care is easier than ever on [myuhc.com](https://myuhc.com)<sup>®</sup>, your personalized member website.

Behavioral health support services are available for you and your family to access anytime, anywhere. You'll find 24/7 confidential access to professional care, self-help programs and resources to help you manage stress and mental health challenges, including depression and anxiety.

#### **Finding the right support just got easier.**

Simply answer a few questions and we'll show you the benefits and resources available for you, based on your needs and goals.

#### **Get clear information about your benefits.**

Learn what's covered and available to you to match your needs.

#### **Set goals and help improve your mental health.**

Want to feel less stressed? Want to improve relationships at home or work? Want to better manage workplace burnout? Whatever your goals, getting connected to resources just got easier.

#### **Connect with care quickly, on your own terms.**

Learn about your options and choose what fits your lifestyle and needs. Therapists are available virtually or in-person.

## Get started

To find personalized behavioral health care recommendations, sign in or register on [myuhc.com/mh-recommendations](https://myuhc.com/mh-recommendations)

### **Tools and resources at your fingertips**

Learn about a variety of behavioral health solutions and well-being topics at [myuhc.com/mental-health](https://myuhc.com/mental-health).

United  
Healthcare



This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. Consult with your clinician for specific health care needs, treatment or medication.

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