



YOUR BENEFITS. YOUR CHOICES. YOUR WELL-BEING. GET STARTED TODAY AT [HEALTHYBOILER.COM](https://www.healthyboiler.com)

Earn 2020 Healthy Boiler Incentives Oct. 1, 2019 - Sept. 30, 2020

Take Charge of YOUR Mental Health

In support of the Healthy Boiler Program and employee well-being, Purdue University – as well as our local community – offers many mental health resources to our faculty and staff.

Purdue mental health resources include:

Employee Assistance Counseling – a no-cost wellness option providing professional and confidential counseling services via the Center for Healthy Living on Purdue's West Lafayette campus – Call **765-494-0111** to schedule, visit www.purdue.edu/healthyliving.

LiveHealth Online Psychology – provides the ability to talk face-to-face with a licensed psychologist via a computer or mobile device. Visit livehealthonline.com/psychology.

myStrength – a free 'digital health club for the mind,' offering a personalized portal. Sign up at www.anthem.com/myStrengthIN.

Purdue Psychology Treatment and Research Clinics – a part of the College of Health and Human Sciences, the specialty clinics offer assessment and therapeutic services for children, adults and families. Visit: purdue.edu/hhs/psy/pptrc/index.html or call **765-494-6977**.

Community mental health resources include:

Mental Health America (MHA) – the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness. Visit mhanational.org or call **800-969-6642**.

- Local Crisis Center Hotline can be reached via **765-742-0244** (call or text) or toll-free at **877-419-1632** for any problem at any time.

National Alliance on Mental Health (NAMI) – the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Visit nami.org, call **800-950-NAMI** (M-F 10 a.m.- 6 p.m. ET), email info@nami.org.

Find help in a crisis by texting **NAMI** to **741741**; support is available 24/7.

National Suicide Prevention Lifeline – connects you with a crisis center in the Lifeline network closest to your location. Call **800-273-TALK (8255)** to speak with a trained crisis counselor 24/7.