



YOUR BENEFITS. YOUR CHOICES. YOUR WELL-BEING. GET STARTED TODAY AT HEALTHYBOILER.COM

BEHAVIORAL HEALTH IS AN IMPORTANT PART OF YOUR OVERALL HEALTH.

As you work to improve your overall health and wellness, it's important to include your behavioral health as well. People who are mentally and emotionally healthy develop positive relationships, maintain perspective and are able to cope with life's challenges.



EMPLOYEE ASSISTANCE PROGRAM through the Center for Healthy Living

purdue.edu/hr/CHL/no-cost_Wellness/index.php

- + Confidential and professional counseling and referral services
- + Free counseling for anxiety, depression or other issues
- + Assistance with a wide range of personal, family or job issues
- + Convenient appointments at our on-site health center



EMPLOYEE ASSISTANCE PROGRAM through Anthem

anthem.com/employer/eap/employee/

- + Free, confidential counseling and referral services
- + Work-life services including financial/legal consultation, elder/childcare consultation
- + Assistance with a wide range of personal, family or job issues

LIVE YOUR BEST LIFE

The **Healthy Boiler Program** offers a full spectrum of benefits and resources aimed at improving your health and wellness.

And because we believe overall wellness is multi-faceted, the program focuses on your **physical, behavioral, financial, social and work-life health** to help you be the best you can be.

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ANTHEM LIVEHEALTH ONLINE

PSYCHOLOGY

livehealthonline.com/psychology

- + Online access to licensed therapists
- + Assistance with common behavioral issues such as grief, anxiety, stress, depression and more

PSYCHIATRY

livehealthonline.com/psychiatry

- + Online access to expert advice, treatment plans and medication
- + Board-certified psychiatrists
- + Assistance with issues such as stress, depression, medication concerns, panic attacks and more



MENTAL HEALTH RESOURCES

COVID-19 Resources	purdue.edu/hr/COVID-19/stress.php	Resources available via Purdue and the community + Online options, apps and more
Mental Health America (MHA)	mhanational.org/	Nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness + Crisis Center Hotline + Provides access to a variety of DIY tools + Online mental health screenings + Resources for immediate response
National Alliance of Mental Illness (NAMI)	nami.org	Nation's largest grassroots mental health organization + Crisis Text line + NAMI HelpLine + Video resource library + Online discussion groups
National Suicide Prevention Lifeline	suicidepreventionlifeline.org/	Provides free and confidential emotional support to people in suicidal crisis or emotional distress + Available 24/7/365 at 800-273-8255 + Specific resources available for wide array of individuals, including Veterans, Native Americans, youth, LGBTQ+, loss survivors, attempt survivors and more
Psychology Treatment & Research Clinics	purdue.edu/hhs/psy	Training and research facility for the Clinical Psychology program at Purdue + Assessment and therapeutic services for children, adults and families