Hello All,

The current situation has created a number of unusual stressors, and we wanted to remind you all of the mental health resources available to employees to help in these kinds of situations:

* On [DATE], we sent out a [slack message and email reminder]**[method of transmission details]** about virtual healthcare. The resources listed in that email ([Health insurance company], [Concierge medical service], [Virtual health/ telehealth service] and [Employee Assistance Program (EAP) service] **[share applicable health resources]**) can all be used to locate resources and access mental health services:
  + [Share health insurance company details about mental health coverage]**[Example:** Through Aetna, all employees have access to [mental health services](https://secure.aetnabehavioralhealth.com/) (please note that you have to be logged into Aetna for these Aetna links to work). Their support options specifically list [Crisis Support](https://secure.aetnabehavioralhealth.com/resources-tools/mental-wellbeing-tools/find-support) resources. Please note, if you’re particularly concerned about your own susceptibility to COVID-19, Aetna members can call the Aetna Nurse Medical Line any time at 1-800-556-1555 to discuss such concerns.]
  + [Share concierge medical service details about mental health coverage]**[Example:** One Medical (covered through Justworks) offers [mental health services](https://www.onemedical.com/services/mentalhealth/) as part of their holistic health approach.]
  + [Share virtual health/ telehealth service details about mental health coverage]**[Example:** Teladoc (also covered through Justworks) offers [virtual mental health services](https://www.teladoc.com/therapy/), seven days per week.]
  + [Share Employee Assistance Program (EAP) service details about mental health coverage]**[Example:** [Health Advocate](https://secure.justworks.com/my_benefits/learn_eap/mental_health) is Justworks’s Employment Assistance Program ([EAP](https://justworks.com/blog/whats-eap-improve-employee-mental-health-work)). Health Advocate can assist in connecting you to confidential, professional assistance to help with personal, family, and work issues, often at no cost. As a member of Justworks, your benefit includes unlimited use of the Health Advocate phone number and up to 3 in-person sessions with a local counselor at no cost to you.]
* There are multiple other low-to-no cost virtual mental health care services:
  + [Crisis Text Line](https://www.crisistextline.org/) is a free, 24/7 messaging service that can be used via text or Facebook Messenger. You just need to text “HOME” to 741741.
  + [Headspace](https://www.headspace.com/?utm_source=google&utm_medium=cpc&utm_campaign=1919439341&utm_content=68065219102&utm_term=409649586657&headspace&gclid=EAIaIQobChMIk4eXn7in6AIVCpSzCh1ZZgA4EAAYASAAEgLt3fD_BwE) (a mindfulness/ meditation service) is currently offering some [free resources for everyone](https://www.headspace.com/covid-19) to help cope.
  + [Talkspace](https://www.talkspace.com/) is a text-based therapy application, and may be covered by your FSA provider.

As always, we encourage you to take care of yourself during this trying time, both physically and emotionally. If you need any help, please reach out to your direct manager or [HR or wellness company contacts] , and let us know how we can assist.

Thank you!