

A background image showing several hands of different skin tones cupping a red heart. A red stethoscope is draped over the hands and heart. The overall tone is warm and supportive.

Emotional / Mental Health Where to Get Help

For All Staff & Physicians/APPs

Mental Health Resources at Banner

Resources for Living (EAP)

- Onsite and virtual counseling
 - Available to **all team members**.
 - You can get support from clinicians for stress management, emotional wellbeing, relationships, parenting and family concerns, anger management, grief and more.
 - Clinicians provide 1:1 coaching sessions, education, debriefing and support groups.
- Counseling with licensed mental health providers
 - Available to **all team members** and their **household**.
 - **Six free one-on-one counseling sessions** per issue per year.
 - Issue topics include stress management, work/life balance, family issues, grief and loss, depression, anxiety, substance abuse, self-esteem, personal development and more.
- Talkspace online therapy
 - Share text, video or on-line messages with a licensed mental health provider up to five days a week. (One week with Talkspace = one RFL session)

All Resources for Living services are confidential; information is not shared with Banner.

To access services:

Call **866-568-7554** or
Visit

www.resourcesforliving.com

Username: Banner

Password: EAP

Scheduling

Onsite and Virtual Counseling



Mental Health Resources at Banner

Banner | Aetna Benefits

- **Mental health, behavioral health or substance abuse services**
 - Must be **enrolled in a Banner | Aetna medical plan** for this resource.
 - Services include **Outpatient** and **Inpatient** care.
 - View your medical plan's Summary of Benefits & Coverage for details on services, cost and other important information.
 - Medical plan details can be found on our **[Benefits Document Portal](#)**
 - Contact Banner | Aetna Concierge for assistance.
 - Call 855-788-5803
 - Your concierge is available 8 a.m. to 6 p.m. (EST), Monday through Friday

Where to get mental/behavioral health support

- **SAMHSA's Disaster Distress Helpline**, 800-985-5990 or text TalkWithUs to 66746 24/7; Provides immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster; [samhsa.gov](https://www.samhsa.gov)
- **National Suicide Prevention Hotline**: 800-273-8255; live chat services with a counselor available 24/7; [suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org)
- **National Alliance on Mental Health (NAMI)**: 800-950-NAMI (6264); available 10 a.m. – 6 p.m. (EST), Monday through Friday; Text NAMI for crisis support 24/7 to 741-741; www.NAMI.org
- **Substance Abuse Mental Health Services (SAMHSA)**: 800-662-HELP (4357) 24/7 for free and confidential services for individuals and families facing individual mental or substance use disorders; [samhsa.gov](https://www.samhsa.gov)
- **Veterans Crisis Line**: 800-273-8255; text 838255; available 24/7; this support is confidential for all veterans, service members, National Guard and Reserve, and their family members and friends. [veteranscrisisline.net](https://www.veteranscrisisline.net)
- **National Domestic Violence Hotline**: 800-799-SAFE (7233); TTY 800-787-3224; [thehotline.org](https://www.thehotline.org)

Where to get mental/behavioral health support - Physicians

- **Physician Support Line:** Call 888-409-0141; Psychiatrists helping US physician colleagues with free and confidential services 8 a.m. to 1 a.m. (EST), 7 days a week; physiciansupportline.com
- **Arizona Residents and Fellows:** Connect with [Tucson GME Mental Health Services](#) and [Phoenix College of Medicine Resource](#)
- **Arizona Medical Association – Virtual Doctors Lounge:** Connect with a peer coach in an evidence-based peer support program. Have ‘virtual’ coffee with a peer to discuss healthy coping mechanisms. Visit [Mdlounge.org](https://mdlounge.org) to be matched with a peer. Questions? Call 646-809-0957 or email mdlounge@ccainc.com
- **California Medical Association:** Northern California: 650-756-7787 • Southern California: 213-383-2691; Physicians Confidential Line. This 24-hour phone service providing completely confidential doctor-to-doctor assistance for physicians experiencing substance use, depression, stress or career burnout; [Physicians Confidential Line](#) & [Physicians Confidential Line Flyer](#)

Where to get mental/behavioral health support - Physicians

- **Colorado Physician Health Program (CPHP):** provides peer assistance service for licensed physicians and physician assistants of CO. Peer assistance services aid individuals who have any problems that would affect one's health such as emotional, psychological and medical problems. Call 303-860-0122, 8:30 a.m. to 4:30 p.m., Monday through Friday; [Colorado Physician Health Program](#)
- **Nebraska Medical Association – LifeBridge Nebraska:** Confidential appointments allow you to connect with a physician peer coach at no cost to discuss normal life difficulties, challenges of a medical career, managing stress or career and personal life satisfaction. Call 888-569-2036; [LifeBridge Nebraska](#)
- **Nevada Physician Wellness Coalition:** Free and confidential information and mental health resources for physicians, their partners and families. Call 775-404-3307, 9 a.m. to 5 p.m., Monday through Friday; [Nevada Physician Wellness Coalition](#)
- **Wyoming Professional Assistance Program (WPAP):** Provides professionals who are struggling with substance abuse and mental health issues with confidential assistance. For confidential assistance, please call 307-472-1222; [WPAP Virtual Peer Support](#) – a confidential weekly peer support group for healthcare professionals processing the impacts of working in healthcare during COVID-19; [Virtual Peer Support](#)