Sometimes the challenges you face can feel like too much to handle.

Your UnitedHealthcare benefits include services provided by United Behavioral Health. United Behavioral Health provides confidential support for a wide range of personal issues — from everyday challenges to more serious problems. And it is available around the clock, whenever you need it.

**United Behavioral Health can:**
- Answer questions about mental health and substance abuse concerns (in potentially life threatening emergencies, always call 911).
- Provide names of participating clinics, counselors and doctors near you.
- Monitor treatment progress and ensure you receive the best services possible.
- Help resolve problems or concerns you may have with your treatment.

**You have access to a wide range of support services for various concerns, including:**
- Depression, stress and anxiety
- Parenting and family problems
- Childcare and eldercare stress
- Relationship difficulties
- Substance abuse and recovery
- Dealing with domestic violence
- Eating disorders
- Balancing work and life issues
- And more
United Behavioral Health is accredited by the Joint Commission on Accreditation of Health Care Organizations and the Utilization Review Accreditation Commission.

One toll-free call is all it takes to talk to someone about your situation. Our trained staff has the knowledge and experience to connect you with the resources that match your unique needs. And, since we care about your privacy, all information is kept confidential according to state and federal laws.

The United Behavioral Health national network includes over 80,000 licensed and certified professionals including:
- Counselors
- Psychologists
- Psychiatrists
- Social Workers

We also provide both inpatient and outpatient treatment at over 3,600 locations.

There is no charge for referrals to a network provider. Services may require pre-authorization and a copayment. Please refer to your plan information for details.

To learn more about UBH services, call the number on the back of your ID card or visit www.liveandworkwell.com.