

# YOU ARE NOT ALONE

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## IF YOU OR SOMEONE ON YOUR TEAM NEEDS HELP, PLEASE SEE MENTAL HEALTH RESOURCES AVAILABLE FOR TEAM MEMBERS BELOW.

### MENTAL HEALTH COUNSELING

#### BHS – Employee Assistance Program (EAP)

- Available to all team members 24/7
- Confidential care for you and your household members
- Six (6) free counseling sessions are provided per topic
- In-person or virtual
- For more information call or text (800) 327-2251, visit the online portal ([portal.bhsonline.com/auth/hashcode](http://portal.bhsonline.com/auth/hashcode)) or download the mobile app (Organization ID: THEBREAKERS)

#### Teladoc

- Available to team members and their spouses and dependents (ages 18 and older) enrolled in our medical plan
- Virtual confidential treatments with no co-pay
- For more information, visit [member.teladoc.com/go](http://member.teladoc.com/go), download the Teladoc app, or call 1 (866) 789-8155.

#### On-Site Mental Health Counseling Through Marquee Health

- Alejandra Mejia, Mental Health Therapist & Licensed Clinical Social Worker, Bilingual (English & Spanish)
- Six (6) counseling sessions per fiscal year
- Confidential and no-cost
- For more information or to schedule an appointment, call The Breakers Wellness Clinic at (561) 650-6976 or email [counseling@mywellportal.com](mailto:counseling@mywellportal.com)
  - Visit [thebreakers.com/wellnessclinic](http://thebreakers.com/wellnessclinic) (Breakers Health Plan Participants Only)

### MENTAL HEALTH RESOURCES AVAILABLE IN OUR COMMUNITY

#### Community Mobile Response

- Provides emergency intervention, de-escalation and screening for individuals who are in emotional distress
- Call 211
- Services available 24/7

#### Alpert Jewish Family Services

Addresses the well-being of children and families. Services include psychiatry counseling, domestic abuse, case management, guardianship and more.

[alpertjfs.org](http://alpertjfs.org) | (561) 684-1991

#### Families First

Supports children and families at the earliest stages, from prenatal care to age six.

[familiesfirstpbc.org](http://familiesfirstpbc.org) | (561) 721-2887

#### Center for Child Counseling

Mental health services and education for children, teens, families, and caregivers - from early intervention through trauma treatment and healing.

[centerforchildcounseling.org/programs](http://centerforchildcounseling.org/programs) | (561) 244-9499