

Collin College Mental Health Wellness Resources for Full-Time and Part-Time Employees

The following programs are for *Full-Time* employees enrolled in HealthSelect and Consumer Directed HealthSelect medical plans.

Mental Health Resources:

Mental Health IN PERSON Visits	In person visits for mental health needs for members and dependents	https://healthselect.bcbstx.com/medical-benefits/mental-health
Mental Health Virtual Visits	Virtual visits for mental health needs for members and dependents. Two programs: Doctor on Demand MDLIVE	https://healthselect.bcbstx.com/medical-benefits/mental-health
Learn To Live	Digital Mental Health online, coach supported Condition Management Program for members and dependents 13 and older.	https://healthselect.bcbstx.com/condition-management/learn-to-live

The following program is for all *Full-Time employees and their household members*. Enrollment in Collin College medical insurance through ERS is NOT required.

Mental Health Resources:

Deer Oaks Employee Assistance Program	Free, confidential short-term counseling (up to 8 visits), website with work/life balance topics, financial and legal assistance, estate planning and more.	https://www.deeroakseap.com/ Toll-Free Helpline: 1-866-327-2400 username: collin password: collin
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The following program is for *Adjunct Faculty, Part-Time Staff, Students and Full-Time employees not enrolled in Collin College medical insurance through ERS*.

Medical and Mental Health Wellness Resources:

TimelyCare	Free virtual medical and mental health appointments on-demand 24/7 or to be scheduled.	OneLogin, Collin Everything Tab, click on TimelyCare Icon or https://timelycare.com/ Login with Collin College email
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