Mental Wellness

Hosted by the M&I Peer Mentor Network (PMN)
Presented by Lacey Lopez & Taylor Tibbs

November 5th, 2020

Seeking Professional Assistance

If you are struggling to manage your mental wellness on your own, then you may want to seek out professional help

Common Misconceptions about Therapy

- ❖ Being in therapy is something to be ashamed of
 - * There is no shame in seeking professional help when you are struggling
- ❖ I have friends to talk to, why do I need therapy?
 - ❖ A therapist is a unbiased professional with no agenda other than to help and advocate for you
- ❖ If I can't make myself feel better, how can a complete stranger?
 - Therapists are trained professionals whose goal is to shift self-defeating patterns and be your advocate
- Therapy is a luxury, not a necessity.
 - Therapy helps you work through issues so your life can be more manageable (payment options are available and therapy is covered under your graduate student insurance)
 Adapted from @thejounerytojam

Understand Your Health Care Coverage

- ❖ Blue Cross/Blue Shield (Student Blue RA/TA) Coverage for UNC Graduate Students
 - ❖ All Plan Benefits can be found here (http://studentbluenc.com/#/uncch-ta/welcome)
 - ❖ Go to "Plan Benefits"
 - Click "Medical Benefits Summary" for 2020-2021

Services	In-Network	Out-of-Network
	All dollar amounts and percentages are what you, as a plan member, would pay.	
Maternity (Maternity delivery includes prenatal and post-delivery care)		
Hospital services (Delivery)	20% after deductible	40% after deductible
Professional services (Delivery)	20% after deductible	40% after deductible
Transplants		
Hospital services	20% after deductible	40% after deductible
Professional services	20% after deductible	40% after deductible
Infertility Services		
Primary care provider and/or specialist	20% after deductible	40% after deductible
Hospital services	20% after deductible	40% after deductible
Inpatient and outpatient professional services	20% after deductible	40% after deductible
Mental Health and Substance Use Services		
Office visits	20% after deductible	40% after deductible
Inpatient/outpatient	20% after deductible	40% after deductible

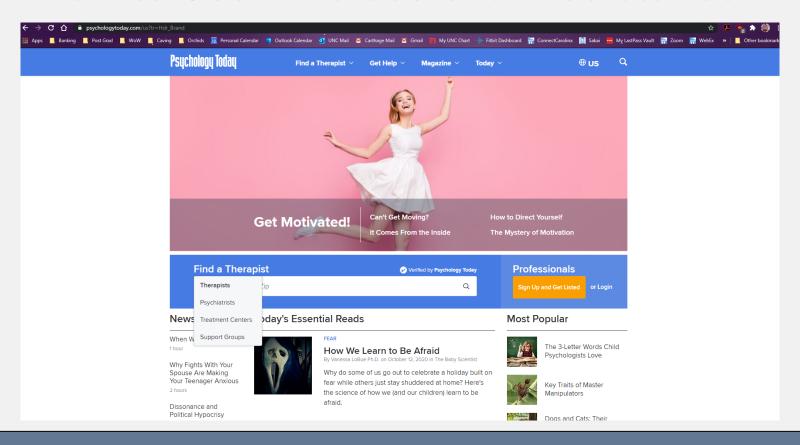
BLUE OPTIONS® benefit highlights

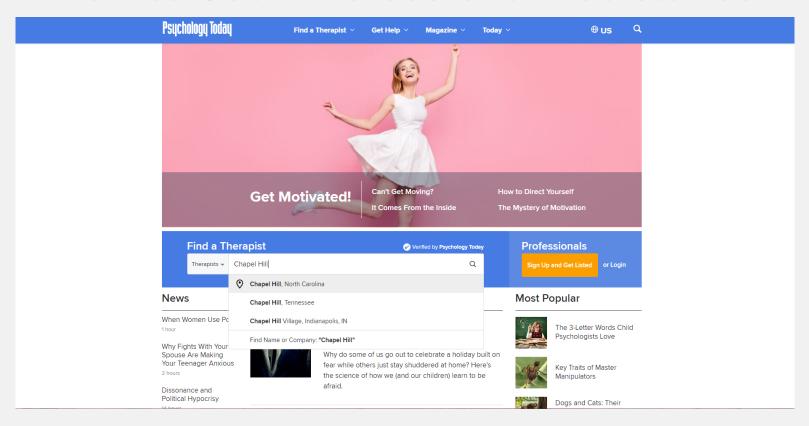
Services	In-Network	Out-of-Network	
	All dollar amounts and percentages are	All dollar amounts and percentages are what you, as a plan member, would pay.	
Lifetime Maximum, Deductibles, Coinsurance of The following deductibles and coinsurance maximums a			
Lifetime Benefit Maximum	Unlimited	Unlimited	
Deductibles Individual (per benefit period)	\$400	\$800	
Family (per benefit period)	\$1,200	\$2,400	
Out-of-pocket limits Individual (per benefit period)	\$2,000	\$4,000	
	\$6,000	\$12,000	
Physician Office Services (See "Outpatient Clinic Services" for outpatient clinic or	hospital-based services.)		
Office Visits Includes office surgery, consultation, X-ray and lab, and benefit period maximum of 4 office visits for the assessment of obesity im- and out-of-network. See "Inpatient and Outpatient Services."	Campus Health Services: No charge Primary Care Provider and/or Specialist: 20% after deductible	Campus Health Services: Not applicable Primary Care Provider and/or Specialist: 40% after deductible	

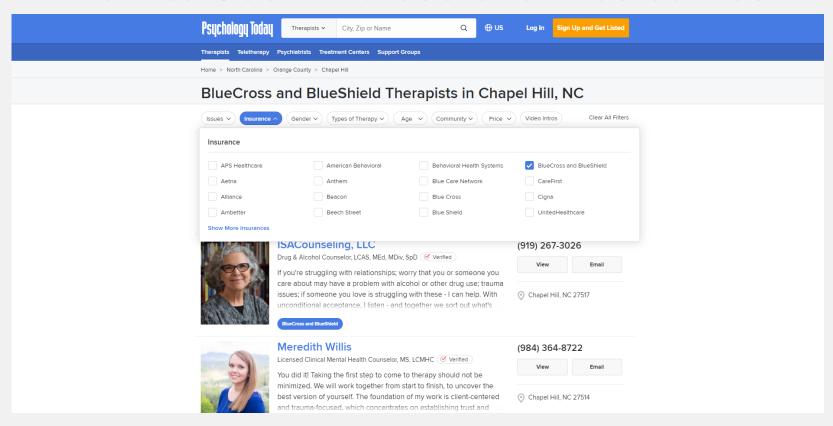
^{*}Many providers offer "sliding scales" or income-based billing; you can also talk to BBSP, CAPS or other UNC-affiliated organizations about help with payment if this is a limiting factor to seeking support

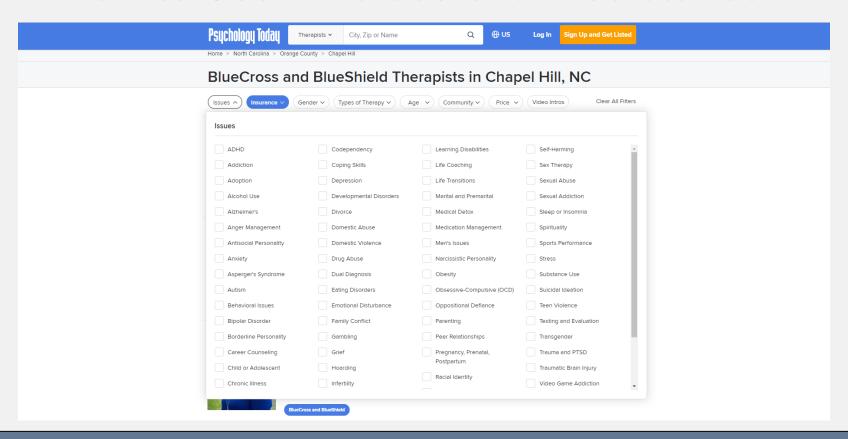
1. Find an In-Network Health Care Professional

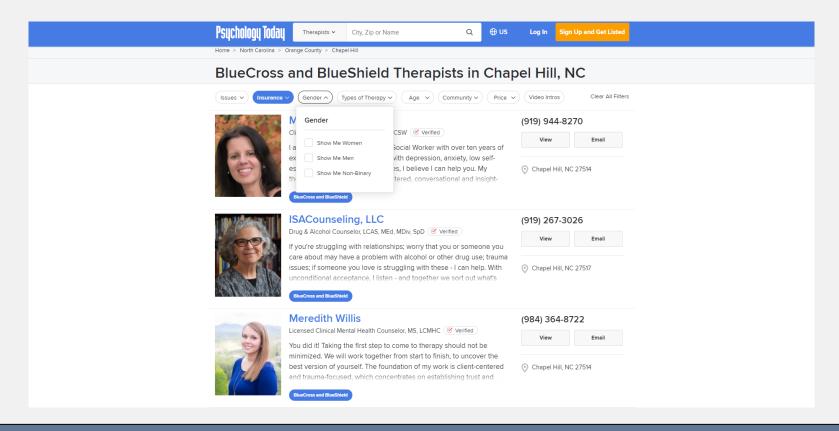
- UNC CAPS (https://caps.unc.edu/services/referral-coordination)
- ❖ BCBS Find-a-doctor (https://www.bcbs.com/find-a-doctor)
- UNC Find-a-doctor (https://findadoc.unchealthcare.org/)
- Psychology Today (https://www.psychologytoday.com/us?tr=Hdr Brand)

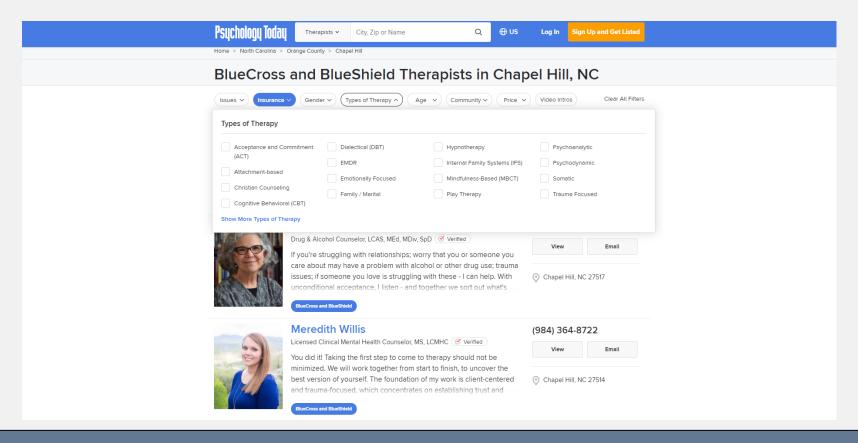


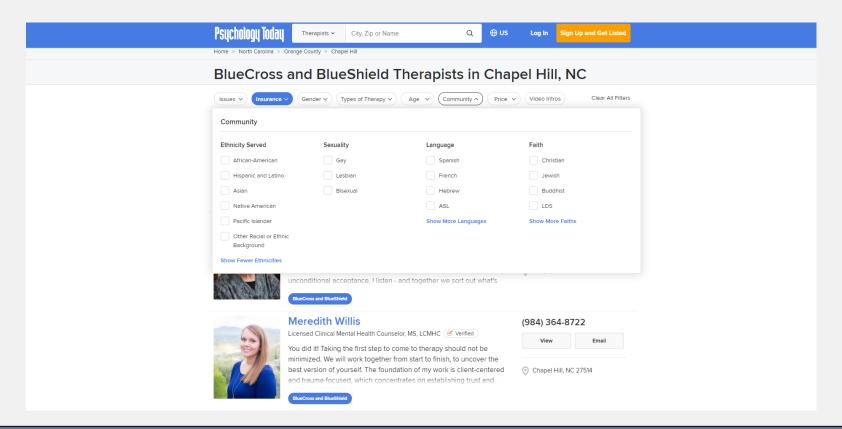


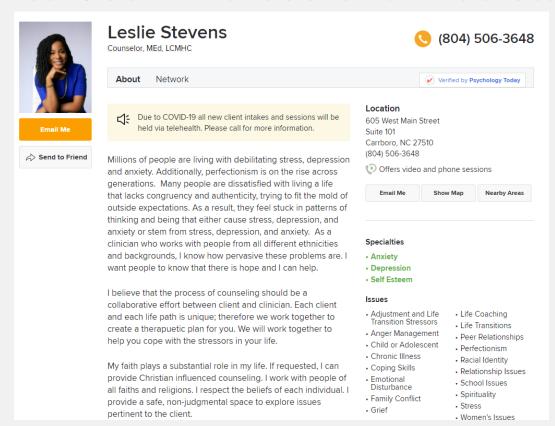












1. Find an In-Network Health Care Professional

- UNC CAPS (https://caps.unc.edu/services/referral-coordination)
- ❖ BCBS Find-a-doctor (https://www.bcbs.com/find-a-doctor)
- UNC Find-a-doctor (https://findadoc.unchealthcare.org/)
- Psychology Today (https://www.psychologytoday.com/us?tr=Hdr Brand)

2. Reach out

- Contact provider's office via email or phone
 - Confirm insurance, fill out new-patient paperwork, <u>book appointment</u>

3. Hold yourself accountable

- Give yourself a deadline
- Tell a friend/family member/partner of your plans and have them check in on you

^{*}Please be aware that everyone's personal timeline is different. Some individuals may find their perfect therapist immediately, while others may make multiple calls or appointments before finding the right fit. There is no "minimum" or "maximum" length of time to getting the help you need. Just keep advocating for yourself until you find the best fit for you!

Finding Safe Spaces for Virtual Meetings

- ❖ Negotiate with your roommates to have a secure confidential space
- Have sessions from your car or outside in a private area
- ❖ Ask people (e.g. friends or family) if they have private spaces available
- ❖ Rent a private office space from CAPS



First Appointment

- Questions go both ways
 - The provider will want to get to know you and understand what you need help with and in turn, you can also get to know them
 - Questions to consider asking your provider...
 - What issues do they have experience handling?
 - ❖ Do they feel comfortable and equipped to talk about the issues you are facing?
 - What does a typical session look like with them?
 - ❖ What methods do they use (CBT, meditation, etc.)?
- * It may take a few sessions before you feel completely comfortable with your provider (while professional, it is still a relationship which requires trust)
- It is okay if you decide your provider isn't the right fit for you but don't give up trying if you still need help!
 - * With your new experience, consider things you did and didn't like, then investigate other providers that better fit your needs

Additional Resources

Emergencies and Crisis Situations

- **EMERGENCIES** dial 911
- National Suicide Prevention Lifeline call 800-273-8255 (TALK)
 - https://suicidepreventionlifeline.org/
- Veteran's Crisis Line call 800-273-8255 and press 1
- Crisis Text Line (Mental Health) text 741741
- Disaster Distress Helpline (Pandemic) call 800-985-5990
- Chapel Hill Domestic Violence Hotline call 919-929-7122
- Hopeline NC (Crisis/suicide prevention) call or text 919-231-4525 or 877-235-4525
 - https://compassctr.org/
- Your Life Your Voice (teen crisis hotline) call 800-448-3000 / text VOICE to 20121
- The Trevor Project (crisis for LGBTQ youth) call 866-488-7386 / text START to 678-678
- Trans Lifeline (hotline for transgender persons) call 877-565-8860

Mobile Crisis Services

- Alliance Health (Durham, Wake, Cumberland, & Johnston Counties) call 800-510-9132
- Cardinal Innovations (Orange, Chatham, Alamance, & others)
 call 800-939-5911
- Sandhills (Lee, Harnett, & others) call 800-256-2452

Other

- Talkspace: https://lp.talkspace.com/try
- BetterHelp: https://www.betterhelp.com/
- UNC Toolkit:
 - https://www.unchealthcare.org/wellbeing/toolkit/toolkitoverview/mental-healthemotional-support-resources-for-coworkers-and-prov/
- UNC and SOM COVID-19 Consolidated: https://www.med.unc.edu/intranet/covid-19/
- UNC Health Coronavirus/COVID-19 Resources: https://www.unchealthcare.org/coronavirus/

From Jodi Flick and M&I Department Website