

# Your Mental Health, Substance-Related and Addictive Disorder Benefit

## *Confidential Resources for Personalized Care*

### **Optum Behavioral Solutions**

Your Mental Health, Substance-Related and Addictive Disorder benefit can give you the care and support you need when problems are too difficult to work through alone. If you select UnitedHealthcare for your medical coverage, Optum Behavioral Solutions is administered under the brand Optum who provides your Mental Health, Substance-Related and Addictive Disorder benefit.

Optum is a nationally recognized managed behavioral health care company serving millions of people across the country. Optum's experience means that you can feel confident in the services you receive, whether you need help with an everyday concern, or in a crisis.

### **Your Mental Health, Substance-Related and Addictive Disorder Benefit: Your Confidential Resource for Personalized Care**

Through your Mental Health, Substance-Related and Addictive Disorder benefit, support and treatment is available for concerns and problems such as:

- *Depression*
- *Anxiety*
- *Managing stress*
- *Coping with grief or loss*
- *Alcohol or drug problems*
- *Compulsive behaviors*
- *Mood disorders*
- *Emotional problems*
- *Eating disorders*
- *Mental disorders*

Through Optum, comprehensive services are available to help you address these needs. Optum offers one of the largest behavioral health networks in the industry, with over 200,000 credentialed clinicians and 3,000 facilities (in more than 6,000 locations) nationwide.

### **How Do I Get Started?**

For expert support—and to ensure the highest benefit coverage—call 1-800-358-0114 and follow the prompts.

You will be connected to an Optum Intake Counselor— a master's-level clinical professional. Available anytime, these supportive professionals are experienced in helping people identify the nature of their problems and in finding the right resources to address them.

The Intake Counselor will ask you a few questions to help understand your situation, and will help match you to an Optum network provider with the clinical expertise, accessibility and any other special qualifications (for example, foreign language capability) to meet your needs. The Intake Counselor will give you all the information you need to schedule a convenient appointment with a provider.

### **Confidentiality**

Confidentiality of Mental Health, Substance-Related and Addictive Disorder services is a fundamental right. All Optum records and services are kept confidential in accordance with federal and state laws.

### **If you have questions about Optum, or to access services...**

Simply call customer service at 1-800-358-0114 and follow the prompts. For expert support—and to ensure the highest benefit coverage—call Optum anytime for confidential assistance.

