



## COVID-19 Impact on Mental Health and Available HealthTrust Resources

New Hampshire's public employers in school districts, towns, cities and municipalities have had to make tough, life-impacting decisions about re-opening schools and municipal buildings without knowing the turns this pandemic could take. Adding to the stress is the economic strain many individuals as well as public employers are experiencing, and the unsettling fear all Americans are living with: What if I or someone I love gets sick with the coronavirus?

### Anxiety and Depression on the Rise

Is it any wonder studies are showing a dramatic rise in levels of anxiety and depression in Americans recently? The Pew Research Center has found one-third of Americans have experienced high levels of psychological distress since the COVID-19 pandemic began. Research from Johns Hopkins University finds the number of Americans reporting symptoms of serious psychological distress in 2020 has more than tripled compared to two years ago.

### HealthTrust has Important Resources to Support your Employees

We want to remind our Member Groups that through your HealthTrust medical coverage you have valuable mental health resources available to you and your employees. Those resources include:

- **LifeResources Employee Assistance Program (EAP), 800.759.8122:** If you are a Member Group that offers HealthTrust medical coverage, you, your employees and their family and household members can access EAP resources including:
  - Up to six free telephone or video counseling sessions per issue with a licensed, master's level counselor, or help locating a qualified provider for in-person counseling.
  - One free 30- to 60-minute consultation with a financial planner, credit counselor or certified public accountant for each financial issue.
  - Webinars on COVID-19 related subjects and coping strategies.
  - Access to the EAP's frequently updated, new website, [mylifeexpert.com](http://mylifeexpert.com), with articles, videos, reference links, and worksheets on COVID-19, financial and legal issues, family, education, health, wellness, career, everyday living and many other topics. Individuals with HealthTrust coverage can log in through their account on HealthTrust's Secure Enrollee Portal and simply click on the LifeResources button to be directed to the EAP website.
- **LiveHealth Online, [www.livehealthonline.com](http://www.livehealthonline.com):** Individuals covered by a HealthTrust medical plan can speak with a behavioral health professional without leaving the comfort and privacy of their home.
- **Aware Recovery Care, 844.AwareRC (603.769.8463):** A recent [survey](#) of people with substance use disorders showed that 20 percent had increased substance use since the pandemic began. Aware Recovery Care is available to individuals age 17 and older who are covered by a HealthTrust medical plan. The program includes up to 52 weeks of in-home recovery care from a multidisciplinary team for individuals with substance use disorders.
- **Anthem's 24/7 NurseLine (800.544.1901)** is available to answer medical questions including those about COVID-19.

HealthTrust Members and Enrollees can also access resources 24/7 through our Secure Member Portal and Secure Enrollee Portal. Our Enrollee Services team and Benefits and Wellness Advisors are also available to answer questions about our coverage, programs and services. It is our privilege to work together with New Hampshire's public employers to help keep our state healthy and strong.