

Taking Care of You

Mental health and wellness resources for Northeastern employees.

Health is not just about your body, it is about your mind, too. Whether you are experiencing a crisis or simply need a little extra support to handle what life throws at you, Northeastern has your back and is ready to help. From university resources and benefits for your health and wellness, to one-on-one help through our Employee Assistance Program (EAP) partner, learn from this guide about the support available to you.

What's Available Within Northeastern?

We all face situations in our work and personal lives that can impact our mental health. Those challenges can lead to needing time away from the office, or accommodations at work to help us perform our best. Northeastern's Absence Management team is equipped with leave and ADA accommodation experts who assist employees in understanding their options for support.

ADA Accommodations

For more information on mental health and accommodations, the [Job Accommodation Network](#) can be a helpful resource to employees, or you can reach out to hr_ada@northeastern.edu

Dear Colleagues,

Northeastern strives to create a culture that supports you and helps you feel fulfilled. We know, however, that life can get difficult, and one in four people are likely to experience a mental health challenge in a given year.

That is why we must take care of ourselves and reach out for help when we need it. As you continue your Northeastern career, this guide offers several resources and tools, many of which are confidential, for you and your family. I hope that when you need help, you reach out and take advantage of the resources available to you as a member of our Northeastern community.

Sincerely,



Michele Grazulis

Vice President & Chief Human Resources Officer



Leave of Absence

To learn more about Northeastern's leave of absence options, visit our [leave of absence article](#) or email the team at hr_leaves@northeastern.edu

Supporting Others

Employees play a key role in creating a positive environment for Northeastern students. The [Supporting Student Mental Health](#) guide can help you provide the right support to students who may need help.

Our Partner Resources



Online counseling made easy

Wherever you are, BetterHelp is there for you, with telehealth counseling via email, text, or video chat. You and your household members age 18 and older are eligible for up to 6 free sessions. Just visit [BetterHelp.com/newdirections](https://www.betterhelp.com/newdirections) to complete the registration and locate a therapist online. Download the app and get started using Company Code: Northeastern University.



Online articles, tips, and resources for mental health

[Personal stories](#), [tips for feeling better](#), and [substance abuse resource information](#) are here for you online anytime when you are ready.

What are your options?

Want to know [what's available for you through Blue Cross BlueShield's MyBlue](#)? From substance abuse help to self-guided cognitive behavioral therapy tools and access to local mental health providers, there's much available to you.

No cost support when you need it

Did you know that you, your household, and your dependents under 26 have confidential tools, legal and financial resources, and support 24/7 at no cost to you? You or a household member can speak with a licensed clinician whenever you need at 800-624-5544 or through [EAP New Directions Company Code: Northeastern University](#).

Telehealth at your fingertips

If you're on Northeastern's health plan, then you have access to telemedicine via Blue Cross Blue Shield's partner **Well Connection**. With it, you can connect via phone or video chat with licensed therapists, psychiatrists, or medical doctors during business hours. To access Well Connection, log in to your [MyBlue](#) account.



Looking for holistic resources?

We can help. You can access a range of mind and body wellness offerings with up to a 30% discount. [MyBlue.com](#) offers a range of providers for BCBS enrollees for everything from yoga, tai chi, and acupuncture to nutrition counseling to massage therapy. Just visit the [BCBS site](#) to find out more.

Everyone needs help now and then.

If you need support, you may reach out directly to:

New Directions: 800-624-5544 | Blue Cross BlueShield: 800-348-7921 | Care.com: 855-781-1303



Our Partner Resources



Make mindfulness your own

Practicing mindfulness can reduce stress, increase resilience, and improve your performance. Whil is a leading training solution integrated seamlessly into your Virgin Pulse membership. Just go to the [Virgin Pulse login page](#).



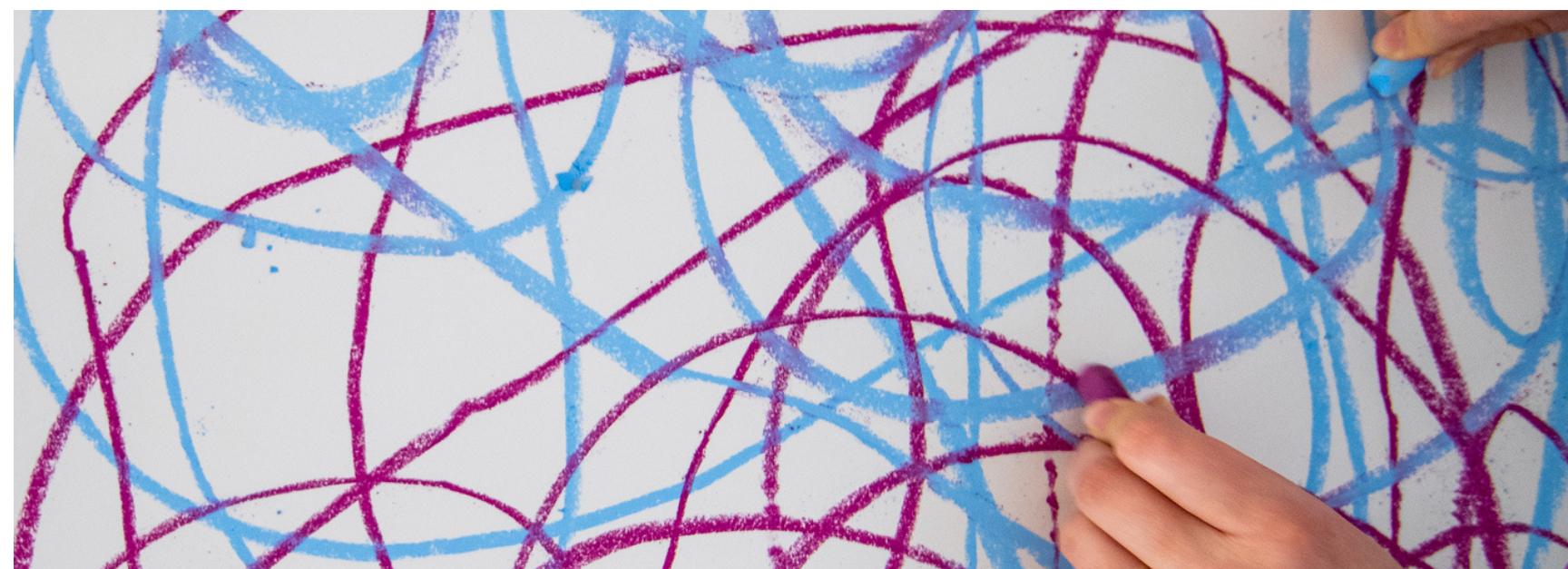
Care.com for when you need help at home

Make life work easier for you. With Care.com [Expert Assistance](#) you can connect with someone to help you find the right resource for you. To get started, visit Northeastern's [Care.com portal](#).



Someone at home struggling?

It's hard to watch someone you love struggling with mental health. If you're concerned about someone you care about, learn more about [signs that they may need mental health support](#), and tips to guide them to the proper care.



Guiding your people in the right direction

This [EAP orientation for managers](#) will help leaders at all levels provide the resources and support your people need. Managers may also call the EAP Management and Support line at 800-624-5544.

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