

# Need to talk?

When you need emotional well-being support, you and your family have options.

What type of care do you need?	Eligibility	Options	How to access	Cost to you
I need support, but I'm not sure where to start.	Employee medical plan members	Primary care physician	Contact your PCP	Cost varies based on your plan
		Lyra	MyBSWHealth member portal or app	No cost for digital wellness tools*
	Employee medical plan members (18+)	eVisit	MyBSWHealth member portal or app	No cost for most BSW medical plans
	All employees and their family members	Employee Assistance Program (EAP)	Call 866.380.1372	No cost for up to five sessions per issue
Work and life are challenging. I'd like to talk to a peer who understands what I'm going through.	All employees	Peer support	<ul style="list-style-type: none"> <li>Call 888.674.7337 8 a.m. to 6 p.m., seven days a week</li> <li>Virtual staff support via Teams</li> <li>BSWconnect.com/PeerSupport</li> </ul>	No cost
I would like spiritual support and encouragement.	All employees	Spiritual Care Hotline	Call 254.724.1575 Monday-Friday, 7 a.m. to 7 p.m.	No cost
I would like online wellness tools, screenings or other behavioral health resources that I can access on my own.	All employees and their family members	Employee Assistance Program (EAP)	Call 866.380.1372	No cost
		Headspace	Download the app	No cost
	Employee medical plan members	Lyra	MyBSWHealth member portal or app	No cost for digital wellness tools*
I would like to talk to a therapist in person/virtually.	All employees and their family members	Employee Assistance Program (EAP)	Call 866.380.1372	No cost for up to five sessions per issue
	Employee medical plan members	Lyra	MyBSWHealth member portal or app	No cost for digital wellness tools*
		In-network provider	MyBSWHealth member portal or app	Cost varies based on your plan
	Patients seen by PCP in a BSW clinic	Collaborative care	Request from PCP	PCP copay
I need help finding a therapist or an MD.	Employee medical plan members	Lyra	MyBSWHealth member portal or app	No cost for digital wellness tools*
		Baylor Scott & White Health Plan	<ul style="list-style-type: none"> <li>Call 844.843.3229</li> <li>MyBSWHealth member portal or app</li> </ul>	No cost
I am experiencing an emotional crisis and need help right now.	Anyone	Crisis Hotline	Call 988	No cost

\* Depending on BSW medical plan, copay/coinsurance will apply for coaching, therapy and medication management.