



Hogan & Associates Construction **MENTAL HEALTH SERVICES**

OFFERED TO OUR EMPLOYEES AS THE BLOMQUIST HALE
EMPLOYEE ASSISTANCE PROGRAM
(EAP)

Most people experience personal or family challenges in the course of their lives. We can all use help with those challenges when they interfere with our life or work.

All services are free and accessible 24 hours a day, 365 days a year. They are available to anyone living in your household regardless of whether you or they are covered under one of our company's health insurance plans.

To discuss the issues you face in your life with an EAP professional counselor, call:

800-926-9619 or 801-262-9619

- LIFE CHANGES
- BIRTH or ADOPTION
- CHILD CARE
- PARENTING
- FAMILY CONFLICTS
- STRESS
- DEPRESSION
- JOB PRESSURES
- LEGAL ADVICE
- FINANCES
- ELDER CARE
- RELATIONSHIPS
- GRIEF or LOSS
- AGING
- DRUGS and ALCOHOL
- EATING DISORDERS



MENTAL HEALTH OR MENTAL ILLNESS?

Although the terms are often used interchangeably, poor mental health and mental illness are not the same. A person can experience poor mental health and not be diagnosed with a mental illness. Likewise, a person diagnosed with a mental illness can experience periods of physical, mental, and social well-being.

IS MENTAL HEALTH IMPORTANT FOR OVERALL HEALTH?

Mental and physical health are equally important components of overall health. For example, depression increases the risk for many types of physical health problems, particularly long-lasting conditions like diabetes, heart disease, and stroke. Similarly, the presence of chronic conditions can increase the risk for mental illness.

CAN YOUR MENTAL HEALTH CHANGE OVER TIME?

Yes, it's important to remember that a person's mental health can change over time. When the demands placed on a person exceed their resources and coping abilities, their mental health could be impacted. For example, if someone is working long hours, caring for a relative, or experiencing economic hardship, they may experience poor mental health.

HOW COMMON IS MENTAL ILLNESS?

Mental illnesses are among the most common health conditions in the United States.

- More than 50% will be diagnosed with a mental illness or disorder at some point in their lifetime.
- 1 in 5 Americans will experience a mental illness in a given year.
- 1 in 5 children, either currently or at some point during their life, have had a seriously debilitating mental illness.
- 1 in 25 Americans lives with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression.

WHAT CAUSES MENTAL ILLNESS?

There is no single cause for mental illness. A number of factors can contribute to risk for mental illness, such as:

- Early adverse life experiences, such as trauma or a history of abuse (for example, child abuse, sexual assault, witnessing violence, etc.).
- Experiences related to other ongoing (chronic) medical conditions, such as cancer or diabetes.
- Biological factors or chemical imbalances in the brain.
- Use of alcohol or drugs.
- Having feelings of loneliness or isolation.

MENTAL HEALTH includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and

make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

IS IT CONFIDENTIAL?

Yes, all discussions between you and the EAP counselor are confidential. Personal information is never shared with anyone — including anyone from our company — at any time without your direct knowledge and approval. Exceptions are made only in cases governed by law to protect individuals threatened by violence.

Employee Assistance Program counselors are experienced, caring professionals who hold a Master's degree in counseling or a related field. They are certified or licensed by the appropriate state agency.

Counselors use a solution-focused therapy model and teach you how to resolve your unique problem while providing caring support along the way.

The entire cost of EAP services is covered in a monthly fee paid by our company. All EAP services are free to you with no co-pay or deductible required.

There is no specific limit to the number of sessions available; Blomquist Hale uses a solution focused approach.

Blomquist Hale is distinct from mental health services offered through our company's medical benefit plan. Medical benefit plan mental health care will require some payment. (Refer to the back page for details.)

HOW DO I MAKE AN APPOINTMENT?

Setting up an appointment is as simple as calling the office. Crisis cases are seen the same day, generally within a few hours. No paperwork or approval is needed and there is no charge.

Counselors are available around the clock for emergency and crisis situations.

Seeking help early minimizes the chances of problems escalating and requiring more extensive services. Often, a few visits with a counselor are all you need to gain perspective and regain a sense of control over your life.



800-926-9619 or 801-262-9619

www.blomquisthale.com

THERE'S AN APP FOR THAT.

The Blomquist Hale app gives you direct access to mental health resources such as webinars, informational handouts, articles, and more. Search "Blomquist Hale" on Apple App Store or Google Play.

ALSO: MEDICAL PLAN MENTAL HEALTH SERVICES



HOGAN BENEFITS
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In addition to the free counseling services we offer through Blomquist Hale, our medical benefit plans offer mental health services. For example, some forms of mental illness may require working with a medical doctor who specializes in diagnosing and treating mental health conditions, such as a psychiatrist, who is skilled in treating mental health disorders. Depending on the medical plan that you are on, there will be co-pays. (The QR codes to the left will take you to our benefits plan documents.)

TO FIND MENTAL HEALTH PROFESSIONALS ON OUR MEDICAL PLAN:

1. Go to www.aetna.com.
2. On the right, click on “Login.” If you haven’t created an account, click on “Register.”
3. At the top, click on “Find Care & Pricing”
4. In “Search” add “Mental Health providers”

Please note, you must be participating in the medical insurance to be covered on Hogan’s mental health benefit.

