

# Do you need to find a doctor for Mental Health?

Health Advocate, a benefit paid by your employer or plan sponsor, can help find the right professional who can help you or an eligible family member with depression, anxiety, substance abuse, a neurological disorder, learning disability or other mental health issue.

When you or an eligible family member calls the Health Advocate toll-free number **866.695.8622**, you will be matched with your own Personal Health Advocate (PHA). Your PHA will tell you about the mental health services that may best meet your needs. In most situations, the PHA will need to speak directly with the individual seeking assistance.

Your information is kept strictly private in compliance with the Health Insurance Portability and Accountability Act (HIPAA) and all governmental privacy guidelines.

## How Your PHA Helps

- Finds qualified doctors, psychologists, psychiatrists and other specialists; expedites earliest appointments
- Identifies in- and out-patient treatment and rehabilitation centers
- Explains laws affecting care, such as state mandates requiring autism coverage

- Finds community resources, such as support groups and special educational resources
- Addresses insurance issues, helps obtain approvals for services.
- Explains health benefits

## Real People...Real Results

***“They found the right help for me.”***

Janine called Health Advocate to help her find a therapist for her depression. Her PHA contacted a participating therapist and explained Janine’s concern. The therapist agreed to speak with Janine immediately and was able to see her the next day.

## Contact Us for HELP!



**866.695.8622**



Email: [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)

Web: [www.HealthAdvocate.com/members](http://www.HealthAdvocate.com/members)

Our normal business hours are 8 am to 9 pm Eastern Time, Monday through Friday. After hours and during weekends, staff is available for assistance with issues that need to be addressed during non-business hours.

### Independent. Confidential. Convenient.

Health Advocate is not affiliated with any insurance or third party provider. Health Advocate does not replace health insurance coverage, provide medical care or recommend treatment.

