

# Support for every situation.

## Support is all around you.

Work. Family. Friends. Sometimes, life can be a lot. That's why Leonardo DRS offers convenient, confidential\* support for everything from day-to-day stress to ongoing mental health concerns such as depression, anxiety, eating disorders, substance use and more.

	<b>Employee Assistance Program (EAP) ComPsych®</b>	<b>MDLIVE®</b>	<b>Substance Use Helpline</b>	<b>988 Suicide and Crisis Line</b>
<b>WHEN TO USE</b>	<b>To meet with a therapist for an in-person counseling session</b>	<b>For connecting online with a therapist for a counseling session</b>	<b>For help dealing with alcohol, opioid or other substance use issues</b>	<b>If you're experiencing suicidal thoughts, have a mental health or substance use crisis, or are dealing with any kind of emotional distress</b>
<b>DETAILS</b>	<ul style="list-style-type: none"> <li>In-person support for ongoing stressful situations</li> <li>For help with depression, anxiety, domestic violence, substance use, stress, bipolar disorder, compulsive disorders and eating disorders</li> </ul>	<ul style="list-style-type: none"> <li>Virtual support for ongoing stressful situations</li> <li>For help with depression, anxiety, domestic violence, substance use, stress, bipolar disorder, compulsive disorders and eating disorders</li> </ul>	<ul style="list-style-type: none"> <li>24/7 access to substance use recovery advocates</li> <li>Advocates listen, offer support and can help develop personalized recovery plans</li> <li>Includes evaluation of opioid use and help finding medication-assisted treatment</li> </ul>	988 offers 24/7 access to trained crisis counselors who can provide support in multiple languages
<b>VISITS/ COSTS</b>	<ul style="list-style-type: none"> <li>Available at no additional cost to you and your household members</li> <li>Includes six confidential sessions with a GuidanceConsultant at no additional cost (per concern, per person, per year)</li> <li>California employees receive three confidential sessions at no additional cost</li> </ul>	MDLIVE is not a service or benefit provided or administered by UnitedHealthcare and costs may vary depending on your medical plan	Available at no additional cost to you and your household members	Available day or night at no cost
<b>CONTACT INFO</b>	Call <b>1-800-890-3093</b> for 24/7 phone support or log on to <a href="http://guidanceresources.com/DRS">guidanceresources.com/DRS</a>	Visit <a href="http://MDLIVE.com/drs">MDLIVE.com/drs</a> or call <b>1-888-632-2738</b>	Call the 24-hour Substance Use Helpline at <b>1-855-780-5955</b> to talk to a specialized substance use recovery advocate	Call or text 988 for immediate help anytime

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