






# Behavioral Health Resources

Feeling safe is important. We understand that a tragedy impacts people in different ways. Oxford Community Schools benefit offerings include a wide array of behavioral and mental health services to help you or your family members if support is needed.

If you have questions regarding the resources provided below, please contact a member of Human Resources as follows:  
 Shannon Lewis 248.969.5090 / [shannon.lewis@oxfordschools.org](mailto:shannon.lewis@oxfordschools.org); Kelly Abraham 248.969.5029 / [kelly.abraham@oxfordschools.org](mailto:kelly.abraham@oxfordschools.org); or  
 Allie Goodson 248.572.9599 / [alexandra.corrion@oxfordschools.org](mailto:alexandra.corrion@oxfordschools.org).



|                                  | LIFE ASSISTANCE PROGRAM<br>  | NEW DIRECTIONS<br>   | BLUE CROSS ONLINE VISITS<br>  | IN-PERSON BEHAVIORAL HEALTH PROVIDER VISITS<br>                                 | MYSTRENGTH BY LIVONGO<br>   |
|----------------------------------|---|---|--|--|--|
| <b>What is it?</b>               | WorkLifeMatters Employee Assistance Program offers help and support for many of life's changes and difficult situations.  | Part of your Blue Cross Blue Shield plan. New Directions' tools and services help you get the right care at the right place.  | Online care with licensed therapists and U.S. board certified psychiatrists that's available from your smartphone, tablet, or computer. These services are subject to your health plan cost share. | Meet in person with licensed therapists and psychiatrists near you. These services are subject to your health plan cost share.                                     | Through myStrength by Livongo you get a personalized program to help with stress, anxiety, sleep, and much more.   |
| <b>How does it help?</b>         | Provides you with guidance to find and get care for stress, grief and relationship struggles. Financial counseling and legal advice are also available.   | Provides around-the-clock support for understanding your behavioral health benefits and treatment options, and connects you with behavioral health providers.   | Discuss and unpack anxiety, stress and other life challenges with a therapist or psychiatrist from the comfort of home or on the go.   | Work through difficult challenges face to face with a behavioral health professional.  | myStrength by Livongo offers support for many types of physical and emotional challenges.  |
| <b>Where do I start?</b>         | Counselors are available in person (up to 6 face to face visits) or over the phone. Call 800-386-7055 or visit <a href="http://www.lbhworklife.com">www.lbhworklife.com</a><br>User Name: Matters<br>Password: WLM70101 | New Directions Customer Service representatives are available 24 hours a day, seven days a week. To reach them, call 800-762-2382 for PPO members or 800-482-5982 for HMO members or visit <a href="http://ndbh.com">ndbh.com</a> . | To sign up, download the BCBSM Online Visits app, visit <a href="http://bcbsmonlinevisits.com">bcbsmonlinevisits.com</a> or call 844-606-1608. Visits are by appointment only.                     | Log in to your Blue Cross Blue Shield member account on <a href="http://bcbsm.com">bcbsm.com</a> .<br>Click on Find a Doctor. Search by specialty or service type. | Text "GO BLUECROSSMI-START" to 85240 to learn more & join. You can also join by visiting <a href="http://strength.livongo.com/">strength.livongo.com/</a> <a href="http://BLUECROSSMI-START/">BLUECROSSMI-START/</a> to register or call 800-945-4355 and use registration code: BLUECROSSMI-START |
| <b>Who can use the resource?</b> | All district employees and immediate family members.  | All district employees and dependents who are enrolled in the group health plan.  | All district employees and dependents who are enrolled in the group health plan.   | All district employees and dependents who are enrolled in the group health plan.   | All district employees and dependents over the age of 13 who are enrolled in the group health plan.  |