






# 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: Ryan Reid 248.969.5090 / [ryan.reid@oxfordschools.org](mailto:ryan.reid@oxfordschools.org), Kelly Abraham 248.969.5029 / [kelly.abraham@oxfordschools.org](mailto:kelly.abraham@oxfordschools.org); or Kathie Belkowski 248.572.9599 / [kathie.belkowski@oxfordschools.org](mailto:kathie.belkowski@oxfordschools.org).



	LIFE ASSISTANCE PROGRAM 	NEW DIRECTIONS 	BLUE CROSS ONLINE VISITS 	IN-PERSON BEHAVIORIAL HEALTH PROVIDER VISITS 	MYSTRENGTH BY LIVONGO 
<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> User Name: Matters 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> . 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.