

TRADE PARTNER RESOURCES

A simple guide to finding mental health support through your benefits

Not sure what support is available? Start with one of the two options below. You should not need to share personal details. You are only asking what your healthcare program includes.

OPTION 1

Ask your company or union

Contact the person who manages benefits. If you are unsure who that is, ask your direct manager or union representative.

OPTION 2

Call your medical plan

If you do not have someone to call, use the number on the back of your medical ID card and ask the same questions directly.

QUESTIONS TO ASK

- What mental health resources are included in my healthcare plan?
- Are virtual therapy options available by phone, video, or text, and what do they cost?
- Are in-person therapy sessions covered, and what do they cost?
- How do I find an in-network provider?
- Are mental health apps, meditation, text support, or coaching available, and what do they cost?
- Does my company offer an Employee Assistance Program (EAP)? If yes, who can use it, what is free, and how do I access it?

EAP follow-up: Ask whether family or household members are eligible and whether participating therapists work with your healthcare plan.

NEED IMMEDIATE HELP?

In the US, call or text [988](#).

In Canada, call or text [988](#).

In the UK, call [116 123](#) or text SHOUT to [85258](#).

In Ireland, call [116 123](#) or text HELLO to [50808](#).

In the Netherlands, call [113](#).

In Germany, call [116 123](#).

You can find support in other countries at [Find a Helpline](#).

For the full list of trade partner resources, visit: stobuildinggroup.com/trade-partner-resources