



# Your mental health matters

Onsite & virtual mental health services (ages 12+)



## Did you know almost one in five people struggle with mental health issues?

While it's not always easy to talk about, your mental health is just as important as your physical health, and taking care of both matters.

As an IU medical plan member, you and your covered family members (ages 12 and older) have access to confidential mental health counseling through Marathon Health.

### Your benefits include:

- Confidential, one-on-one counseling with licensed mental health providers
- One-time visits or ongoing care based on your need
- Flexible scheduling including virtual visits (available in 48 states) and in-person care at select locations like Bloomington and Indianapolis
- Affordable, transparent pricing at just \$35 per visit, billed through your IU health insurance

### Mental health services

- Anxiety and excessive worry
- Depression or persistent sadness
- Stress and burnout
- Grief and loss
- Irritability
- Trauma
- Relationship concerns
- Substance or alcohol use concerns

### Suicide & crisis lifeline

Call or text 988

### Crisis text line

Text the phrase HOME to 741741



Schedule an appointment

Call 866-434-3255

or visit [clients.marathon.health/iu](https://clients.marathon.health/iu)



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