



May is Mental Health Month

You are not alone. CMU recognizes Mental Health Month and encourages employees to prioritize mental and behavioral health. CMU provides support through our medical benefit programs and trusted partners. All services are private and confidential.

What's available to you

Medical benefits (behavioral health & substance use)

- Comprehensive coverage for mental and behavioral health care, including treatment and support for substance use disorders for enrolled members.
- Coverages include therapy, psychiatry, outpatient and inpatient services where your plan allows — check your benefits summary for details and coverage limits.

Health Advocate EAP (24/7 confidential support)

- 24/7 confidential counseling with licensed professional counselors by phone, chat, or video for anxiety, depression, relationship issues, stress, grief, and more.
- “In-the-moment” support: quick chat or call options when you need immediate assistance
- All-in-one digital hub: access EAP counseling, health navigation, and wellness resources.



Teladoc (virtual therapy & psychiatry)

- Virtual therapy and psychiatry visits by video or phone, seven days a week — often with faster appointment availability than in-person care.
- Specialized care areas: support for stress management, anxiety, depression, relationship concerns, grief, and other behavioral health needs.
- Confidentiality & convenience: access care privately from home, the office, or on-the-go



Calm App

- Stress, sleep, and mindfulness support including guided meditations, sleep stories, and breathing exercises to support well-being.
- On-demand, flexible access use anytime, anywhere — fits easily into your day.
- Daily mental wellness support build habits that improve focus, resilience, and balance.

