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Benefits News



Explore the Range of Mental Wellbeing Care

This document is part of the OEGB September Newsletter, Anxiety and Depression. To access other resources, visit the [News and Events](#) page.

Mental health exists on a range. Where we are on that range can change over time. Sometimes, we may feel emotionally well. Other times, we might feel down, anxious, or irritable. For some, these feelings are more persistent, like a constant sense of restlessness, dread, or something more serious.

No matter where you are right now, there are tools, resources, and support that can help improve your mental wellbeing.

The type of care that's right for you depends on the kind of support you need. With so many options, it can be hard to know where to start.

- The next page shows a range of support options, from simple steps you can take on your own to professional care through your health plan.
- On the lighter end of the range, there are self-guided practices to support your mental health. To explore some of the resources available to you, check out the Emotional Wellbeing section of the [OEGB Wellness Guide](#).
- For more serious concerns, professional care is available. This includes treatment from licensed providers, such as therapists, psychiatrists, or physicians who can prescribe medications. These services are available through your health plan.

Explore the Range of Mental Wellbeing Care

Low

Medium

Care Advice	On-Demand Self-Help	Coaching	Group Support
<ul style="list-style-type: none"> • Provider suggestions • Appointment support • Guidance about treatment options 	<ul style="list-style-type: none"> • Online content and programs • Self-help mobile apps • Assessments and quizzes • Guided meditations and digital programs 	<ul style="list-style-type: none"> • Healthy lifestyles • Personal relationships • Child and elder care support/referrals • Professional development • Financial wellbeing • Nonclinical issues 	<ul style="list-style-type: none"> • Behavioral change education • Community education sessions • Health and wellness classes and workshops • Virtual peer support

Medium

High

Phone Support	Individual Therapy*	Condition Management	Inpatient Treatment
<ul style="list-style-type: none"> • Telehealth • 24/7 medical advice • 24/7 crisis and emergency support • Behavioral health concierge 	<ul style="list-style-type: none"> • Office visits • Outpatient mental health services • Outpatient substance use treatment • Medication management <p>*Includes in-office and virtual support</p>	<ul style="list-style-type: none"> • Intensive outpatient care • Autism management • Eating disorder management 	<ul style="list-style-type: none"> • Short-term treatment centers • Long-term residential care