

Mental health is just as important as physical health.

Mental health not only affects how you feel every day, it also affects how you make decisions, handle stress, and manage your relationships. Included Health makes it easy to find the right therapist or psychiatrist who can support your needs.

Find mental health care that fits.

- Search for specialities, conditions, or even a provider by name.
- Filter your search based on location, gender, language spoken, and more.
- Learn more about a provider's professional experience and education, as well as patient reviews.

Here's how we rate our mental health providers.

- ✓ **Safety**
Does a provider practice medicine that keeps you safe?
- ✓ **Effectiveness**
Do a provider's methods help to resolve your needs?
- ✓ **Efficiency**
Does a provider avoid unnecessary treatments?
- ✓ **Cost**
Does a provider charge a fair and reasonable price?

Mental health challenges we can help with:

- Stress
- Burnout
- Anxiety
- Depression
- Trauma and loss
- Post traumatic stress disorder
- Substance dependence
- Bipolar disorder
- Delusional disorders
- And more

Did you know?

You can use Included Health to access all your mental health benefits, including EAP.



Find care.

includedhealth.com/uniti
1-855-524-8426

