

Concern	Support Offered	Vendor Contacts	Uses
Short-Term Support			
Stress related to Patient Care or the Workplace	1-2 sessions Individual – in person / virtual Group – in person	Care for Caregiver (internal)	Exposure to traumatic events, difficult codes, unexpected outcomes or deaths, workplace violence, etc. click here to access assistance.
Mental Health or Professional Development	6-8 sessions Unlimited “in the moment” support Individual – in person / virtual	VITAL WorkLife	Anxiety, depression, stress, marital and relationship difficulties, parenting / child concerns, grief and loss, legal and financial problems, etc. click here to access assistance
Long-Term Support			
Mental Health	Individual – in person (virtual may be offered depending on provider)	Highmark <ul style="list-style-type: none"> Psychiatrist if medication may be needed Psychologist/therapist otherwise 	Anxiety, depression, bi-polar disorder, etc. click here & log in to Highmark
Mental Health (virtual only)	Individual - virtual	Well360 Virtual Health (Highmark)	Anxiety, depression, etc. 1.Go to the website on the back of your member ID card or click here 2.Click on the Find Care or Get Care section of your account 3.Click on Well360 Virtual Health
Stress, Anxiety, Depression	12-week program Individual – virtual	Meru (Highmark)	Anxiety, depression, etc. click here .
Mental Health for Teens / Young Adults	Individual – virtual	Charlie Health (Highmark)	Anxiety, depression, etc. (dependent teens / young adults thru age 26) click here
Alcohol Misuse	12-month program Individual – virtual	RIA Health (Highmark)	Changing daily drinking habits, managing excessive drinking, etc. click here
Ongoing Wellness	Group – in person / virtual	Center for WorkLife Wellbeing <ul style="list-style-type: none"> Mindfulness classes OASIS rooms 	Workload has been challenging and is creating ongoing stress, etc. click here (caregivers only)
Not Sure Where to Start ?			
Unsure / Other	Individual	Primary Care Provider Access (internal) <ul style="list-style-type: none"> Center for Virtual Health ChristianaCare Primary Care CareVio (internal) <ul style="list-style-type: none"> Licensed Clinical Social Worker – provide navigation of services offered and clinical care. Call 844-227-3563 or 302-320-5600 Wellthy (concierge service) <ul style="list-style-type: none"> Care Coordinators / Social Workers – provide comprehensive research and navigation of findings 	Have questions about preventive screenings (Primary Care, CareVio) Need to figure out a way to afford groceries – been missing meals (CareVio) Experiencing stress (family, financial) and unsure who to seek support from (CareVio, Wellthy) Need a list of childcare providers close to the workplace (Wellthy)