

# Building Resilience

A Guide to Mental Health & Wellbeing Benefits

# Building Resilience

Even though the road ahead isn't always clear, you don't have to travel it alone. We're here for you!

At the Marcus Corporation we have developed partnerships to support the mental health and overall wellbeing of you and your loved ones. Since there are many options to choose from, we've created this brochure as a guide to help you navigate your choices.

We invite you to switch off your email for a moment and take a few minutes to check-in on you.

However you're doing, we want you to know that – through your Marcus benefits package – you have access to support and advice to help you build resilience to ace your day. This guide will help you get started.

To find out more about any of the benefits in this brochure, along with the other benefits available to you, visit [MyMarcusBenefits.com](https://www.mymarcusbenefits.com) or contact your local HR leader.



# Your Mental Wellbeing Guide

Utilize these resources when you are feeling stressed, anxious, lonely, sad or overwhelmed. Whether you are struggling with anxiety, depression, suicidal thoughts, or substance abuse — experienced professionals are available to support you every step of the way.

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## **I Need Support**

Check in with these resources when you are feeling day-to-day stress, anxiety, loneliness, sadness and /or just plain overwhelmed.

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## **I Need Help**

If you are experiencing mental health issues, we have experienced professionals to support you throughout your mental wellbeing journey.

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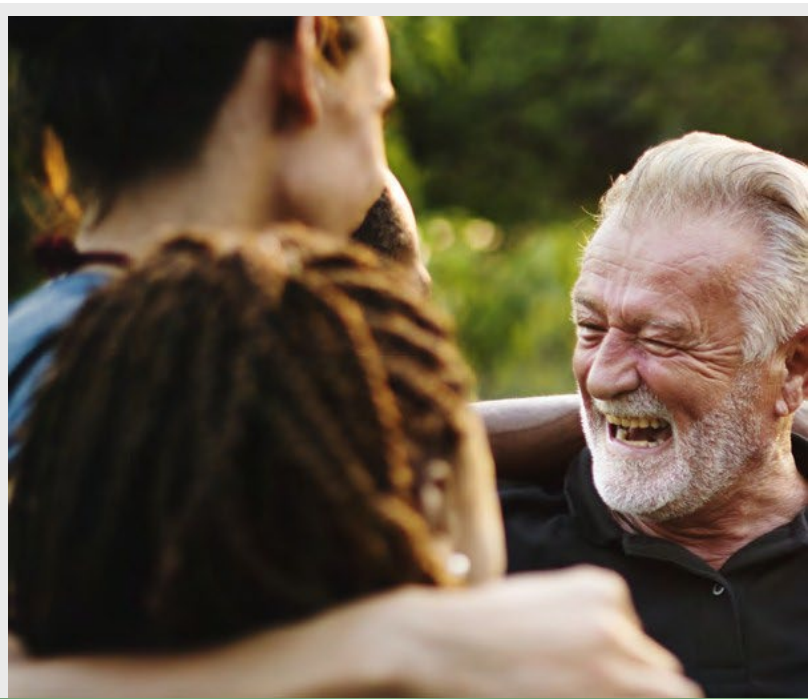
## **Emergency, General, and Community Support**

Sometimes you just need a little extra help. These additional resources will provide a smoother mental wellbeing journey.

# I Need Support

## Help is just around the corner

Check in with these resources when you are feeling day-to-day stress, anxiety, loneliness, sadness or just plain overwhelmed.



When you or your family need useful ideas, helpful resources, or reliable professional care, LifeMatters is just a phone call away. Free and confidential.



## Employee Assistance Program : LifeMatters

Administered by Empathia

The program's user-friendly, confidential services are available to you and your eligible dependents 24 hours a day, every day of the year by calling:

**1 - 800 - 634 - 6433**

Toll-Free Throughout North America

Go to **mylifematters.com** on the web or your mobile device and enter your password to access resources, educational information, and self-service options. Our company login password is:

**MARCUS**



# Employee Assistance Program: LifeMatters

Administered by Empathia

## Telephone and face-to-face assistance with:

- Stress, depression, and personal problems
- Balancing work and personal needs
- Family and relationship concerns
- Alcohol or drug dependency
- Workplace conflicts
- Any other issue of concern in your life



## WorkLife Services:

- Financial consultation and resources to set up a budget, obtain and review credit report information, or assist with debt management and consolidation
- Legal consultation with an attorney, either over the phone or face-to-face, for consumer law, traffic citations and fender benders, family law, or estate planning



## Online and assisted searches for:

- Child and elder care resources
- Adoption assistance
- Educational resources
- Personal security
- Home improvement
- Veterinarians and pet sitting
- Financial calculators
- Legal forms



Services provided directly by LifeMatters are free. If you are referred to outside resources, you will be advised about your costs, if any.



# I Need Help

It's Okay to Ask

If you are experiencing issues such as suicidal thoughts, depression, severe anxiety, or substance abuse, we have experienced professionals to support you throughout your mental wellbeing journey.



## In-Network Providers

Depending on the health plan you're enrolled in, access to both in person and virtual counseling is available.

To find a UHC Behavioral Health network provider: Visit [liveandworkwell.com](https://liveandworkwell.com). Create an account or sign in using your UnitedHealthcare (UHC) login for myuhc.com. If you prefer, you can call UnitedHealthcare Advocate4Me at [866-633-2446](tel:866-633-2446) for assistance.

To find a Surest Behavioral Health network provider: Log into the Surest app or [Benefits.Surest.com](https://Benefits.Surest.com). If you prefer, you can call Surest member services at [866-683-6440](tel:866-683-6440) for assistance.

# AbleTo

For more than a decade, AbleTo has been a leading provider of high-quality virtual behavioral health care, delivering evidence-based programs that combine human expertise with effective digital tools. Our virtual therapy and coaching programs can help you reduce feelings of stress, anxiety, and depression, while our on-demand self care gives you the tools you need to build resilience and cope with everyday challenges. Our approach is proven to help participants feel better and live better.

## Personalized Services

Each AbleTo program is tailored to a participant's unique needs and goals, using a data-driven approach to understanding health risks and opportunities for impact.

- Clinically-validated assessments determine the right mix of human and digital support
- Cognitive Behavioral Therapy (CBT) based treatment in a structured program, with participants receiving one-on-one support from experienced motivational coaches to promote adherence and member satisfaction



Patient-First Approach



Dynamic Personalized Solutions



Clinically Rigorous Care



Control Over Mental Health Costs



Proven Clinical Outcomes

## Digital Tools + Human Support to Help Members Feel and Live Better

**Digital+** offers self-paced Cognitive Behavioral Therapy (CBT) activities supported by 1:1 motivational coaching for individuals with mild to moderate mental health needs, using techniques proven to reduce anxiety and depression.

### About Digital+

- Participants learn coping tools to make each day more manageable
- Motivational coaches provide additional support, reinforcing goals, help overcoming obstacles, and increase program adherence
- One-on-one sessions with coaches (available via phone, email or chat) are designed to be non-judgmental, empathetic, and compassionate
- Participants can set long-term goals to maintain new skills and behaviors even after the program ends



**Ready to learn more?** Visit: [AbleTo.com](https://www.ableto.com)  
Or scan the QR Code

Available to members on the UHC and Surest Medical plan

# Calm Health

The Calm Health app provides programs and tools to help support your mental health and well-being—at your own pace.

As a Marcus Associate, Calm Health is included in your health plan and available at no additional cost. To help tailor your Calm Health experience, you'll begin with a short mental health screening. Then, certain programs will be suggested based on your well-being journey.

## Tap into tools and support

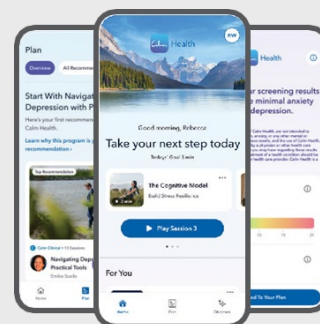
The Calm Health app brings you a library of support—including mindfulness content and programs created by psychologists – for a variety of health experiences and life stages. This information is designed to help you:

- **Learn techniques to improve well-being:** Find tools, music and sounds to help you meditate, improve focus, move mindfully, and feel calm
- **Work toward goals:** Join self-guided self-care programs, and track your progress along the way
- **Support your mind and body:** Access mental health information and support to help you strengthen the mind-body connection



### Surest Medical Plan Members

Get started with Calm Health.  
Scan this QR code.



### UHC Medical Plan Members

Scan this code to get started or visit  
[uhc.app/calm](https://uhc.app/calm).





Available to members on the UHC and Surest Medical plan

# Talkspace

With Talkspace online therapy, you can regularly communicate with a therapist, safely and securely from your phone or desktop. No office visit required.

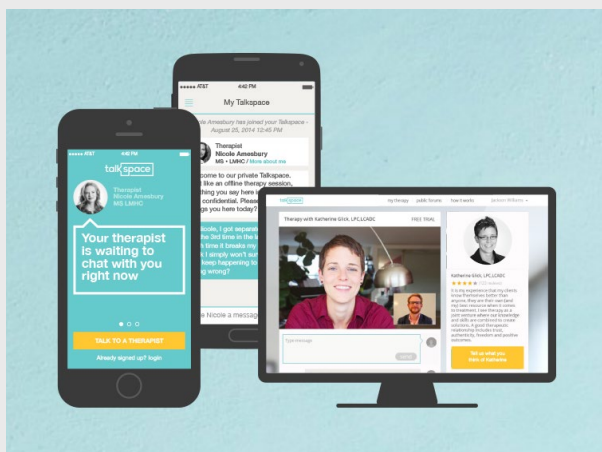
## Here's how Talkspace can fit your life:

With Talkspace, you can message a licensed therapist, 24/7

- Find a therapist with an online matching tool
- Start therapy within hours of choosing your therapist
- Message your therapist whenever — no appointments necessary
- Get messages back throughout the day, five days a week
- Choose real-time face-to-face video visits by appointment, when needed
- You can also access Talkspace Psychiatry to schedule live video sessions with a psychiatrist trained in mental health care and prescription management for a tailored treatment plan

## Talkspace is convenient, safe and secure.

1. Register at [talkspace.com/connect](https://talkspace.com/connect) (first visit only) and choose a provider to message anywhere, anytime.
2. Download the Talkspace app on your mobile phone.
3. Talkspace is your space to use in your time. It's covered under your plan's behavioral health benefits.



## Talkspace can help with:

- Anxiety
- Addiction
- Depression
- Eating Disorders
- PTSD
- LGBT Issues
- Relationships (Family or Friends)



## Have questions?

Most common questions are addressed on the Talkspace website. Visit: [talkspace.com](https://talkspace.com)  
Or scan the QR Code

# Bend Health

## Bend Health – Child and Family Behavioral Coaching

Sometimes, being a parent can feel joyful. Other times, it can feel like a constant struggle. Maybe getting your kids to talk feels impossible. Perhaps you're worried about their behavior. Or maybe you know they need help, but you're not sure where to look. Child and Family Behavioral Coaching from Bend Health can help.

### Available at no cost to families with children ages 1–17, it offers:

- **Support from an experienced coach**  
Coaches are certified or have a master's degree. They are supervised by licensed practitioners.
- **Online coaching sessions**  
Get up to four 45-minute sessions per month at no cost to you. What your family discusses is confidential.
- **Unlimited messaging**  
Talk with your coach between sessions. The in-app messaging is secure.
- **More resources**  
Look at educational content anytime. It may help you better understand what you talk about with your coach.
- **Referrals**  
If your family needs more support, your coach can connect you. They offer referrals to therapists and child/adolescent psychiatrists.

## Coaches can help with what your family needs

Common topics include:

- Depression
- Anxiety
- Bullying
- Obsessive-compulsive disorder (OCD)
- Stress
- Sleep issues
- ADHD
- Social media or technology addiction
- Substance use
- Anger issues
- Trauma
- Self-esteem
- Other concerns



Connect with a coach at [bendhealth.com/coaching](https://bendhealth.com/coaching)

Or scan the QR Code

# Virtual Therapy

Reaching out may be hard—especially if you might not want anyone to know you're hurting. With virtual therapy, getting help may now be easier than ever. From the privacy of home and the convenience of your mobile device or computer, you can receive caring support from a licensed therapist.

## A quicker way for the whole family to get care

A virtual visit for mental health care may be a great way for children and teens to get an appointment.

## Virtual therapy offers confidential counseling and includes:

- **Private video sessions**  
Get 1-on-1 support—in your home and at a time that's convenient for you.
- **Help with coping—for children, teens and adults**  
Your licensed therapist may provide a diagnosis treatment and medication if needed.
- **Similar standard of care as in-person visits**  
You can see the same therapist with each appointment and establish an ongoing relationship.

## Virtual therapy is designed to help treat conditions like:

- ADD/ADHD
- Anxiety
- Mental health disorders
- Addiction
- Depression

## To find a provider and schedule a visit

Sign in on [myuhc.com](https://myuhc.com)® or scan the QR code below. Then, go to **Find Care & Costs > Virtual Care > Behavioral Health Care > Get Started** and call the provider to set up an appointment. Or call the telephone number on your health plan ID card.



Available to members on the Surest Medical plan

# Dr. on Demand

Therapists come in all shapes and sizes. We have the right fit for you. Search by specialty, availability, and gender to find the right fit – whether for you or a family member/covered dependent.

## A fit for your schedule

Find mental health help from vetted therapists and psychiatrists available night or day.

## A fit for your needs

From Children's therapy to anxiety and depression, see a mental health professional specializing in your needs.

## A fit for who you are

Find a therapist or psychiatrist who's culturally sensitive and who understands you as an individual.



To get started with Dr. on Demand visit:

[Doctorondemand.com/surest](https://Doctorondemand.com/surest)

Or scan this QR Code



# Emergency Support – Community Resources

## 988 Suicide and Crisis Lifeline

National crisis line for emergency emotional help.

Call: [988](tel:988) or [1-800-273-8255](tel:1-800-273-8255)

Chat: <https://988lifeline.org/>

## National Domestic Violence Hotline

Immediate support and guidance for survivors, family, and friends.

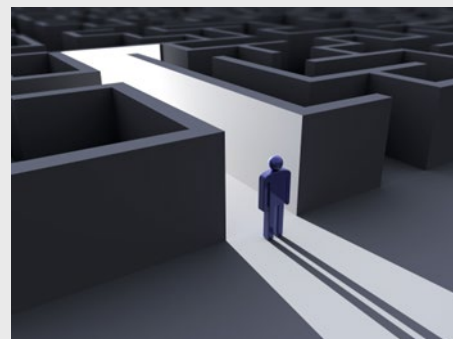
Call: [1-800-799-7233](tel:1-800-799-7233)

Chat: <https://www.thehotline.org/>

## Crisis Text Line

Crisis line specifically for texting only.

Text: “home”, “start”, “hello”, etc to [741741](tel:741741)



## SAMSHA Disaster Distress Helpline

Crisis line for people surviving a natural or human-caused disaster.

Call: [1-800-985-5990](tel:1-800-985-5990)

Text: [1-800-985-5990](tel:1-800-985-5990)

## Childhelp National Child Abuse Hotline

Crisis intervention, information, and referrals to thousands of emergency, social service, and support resources.

Call: [1-800-422-4453](tel:1-800-422-4453)

Text: <https://www.childhelp.org/hotline/>

## RAINN (Rape, Abuse & Incest National Network)

Crisis line, online support, and resources for survivors, friends, and family.

Call: [1-800-656-4673](tel:1-800-656-4673)

Chat: <https://rainn.org/>



# General Support – Community Resources

## National Alliance on Mental Health (NAMI) Helpline

Provides peer-support services, information, resources and referrals to people living with mental health conditions, their family members, and the public.

Call: [1-800-950-6264](tel:1-800-950-6264)

Chat: [info@nami.org](mailto:info@nami.org)

## National Eating Disorders Association Helpline

Treatment referral/information helpline, resources and education.

Call: [1-800-931-2237](tel:1-800-931-2237)

Chat: <https://www.nationaleatingdisorders.org/help-support/contact-helpline>

Text: [1-800-931-2237](tel:1-800-931-2237)

## LGBT National Help Center

Helpline (general, youth, and senior specific), chat, and email based support for people who identify as LGBTQ, and their loved ones. Website includes a database of local resources.

Chat: <https://www.lgbthotline.org/>

Call: [1-888-843-4564](tel:1-888-843-4564)

## HIV Resources from the National Institute of Health

Health information specialists from the Office of AIDS Research provide customized, confidential answers to questions about HIV/AIDS clinical trials and treatment.

Email: [ContactUs@HIVinfo.NIH.gov](mailto:ContactUs@HIVinfo.NIH.gov)

Call: [1-800-448-0440](tel:1-800-448-0440)



# General Support – Community Resources

## United Way

Access local resources and services to address any need, such as housing, food, transportation, and healthcare.

Online Search Tool: <https://www.211.org>

Call: [211](tel:211)

## Planned Parenthood

Support for sexual health needs and help with finding local services.

Chat: <https://www.plannedparenthood.org/get-care/get-care-online>

Text: [PPNOW](tel:PPNOW) to 774636 (PPINFO)

Call: [1-800-230-7526](tel:1-800-230-7526) (PLAN)

## Substance Abuse and Mental Health Services Administration (SAMHSA)

Helpline, resources, and education on substance use.

Call: [1-800-662-4357](tel:1-800-662-4357); [1-800-487-4889](tel:1-800-487-4889) (TTY)



