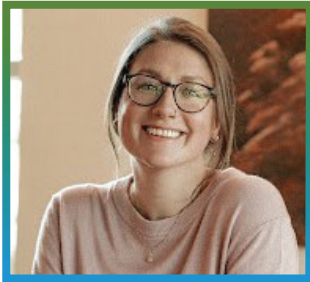


# Mental Health Resources



**Billie McCauley**

Licensed Professional Counselor



Billie McCauley is a Licensed Professional Counselor and Licensed Addiction Counselor in the state of Colorado. Billie earned a master's degree in clinical Mental Health Counseling from Naropa University, and has since had the opportunity to work with a wide range of people experiencing a broad spectrum of mental and physical needs. Billie's approach to psychotherapy is evidenced-focused and person-centered. She explores the mind/body/soul connection, and likes to use humility, humor, and a willingness to be vulnerable in her sessions. Billie was raised on the Western Slope of Colorado and is honored to help others on their journey towards increasing mental health, accomplishing personal goals, and developing a deeper understanding of their unique experience.

## Mental Health Services

- ◆ Grand Junction employees and dependents on City health insurance are eligible (ages 12+)
- ◆ Treatment for stress, anxiety, depression, relationship issues, grief, overuse of substances and more
- ◆ Counseling for individuals, couples and families to help you build a fulfilling and meaningful life
- ◆ Collaboration with health center providers who support medication management, referrals and care coordination



Health and Wellness  
CENTER

2525 N 8th St, Suite 102 Grand Junction CO 81501

**Sage Health and Wellness Center**  
**Behavioral Health Services Hours**

Tuesday, Wednesday, Thursday: 9:30am - 6:00pm

Call 970-628-0012 or visit the portal at [my.marathon-health.com](https://my.marathon-health.com) to schedule a behavioral health session.



Scan this  
qr code to  
make an  
appointment

# Employee Assistance Program (EAP)

As your employer, we are interested in your total well-being, which is why we offer an Employee Assistance Program (EAP). Triad EAP, an AllOne Health Company provides assistance to help you manage problems before they adversely affect your personal life, health, and/or job performance.

All benefit-eligible employees and their household members are eligible for the EAP. This is a free, strictly-confidential service that includes telephonic and/or in-person counseling for up to six (6) visits per year, per household family member. In addition, six (6) life coaching sessions are now available to help you reach your personal and professional goals, manage life transitions and build balance.

Assistance is available to the following personal and work-life situations:

- Marital and family problems
- Work-related difficulties
- Emotional problems
- Life coaching
- Alcohol and substance abuse
- Domestic violence
- Health and wellness resources
- Personal assistant
- Legal and financial resources and counseling
- Child and eldercare services
- Parenting
- Medical advocacy
- Midlife and retirement counseling
- Managing people

Contact Triad EAP by telephone at  
877-679-1100 or (970) 242-9536,  
or on the web at [www.triadeap.com](https://www.triadeap.com).

## Use the following information to login

**Company Code: GJ** — You will then create your own username and password.  
Access to these resources will allow you to register for online services as well as complete online requests for services.

**TRIAD EAP™**

An AllOne Health Company

Receive quality, behavioral health care without leaving home. Simply connect via your phone, computer or tablet and you can:

- Visit [my.Cigna.com](https://my.cigna.com) to find a provider.
- Have access to more than 206,000 virtual providers, the largest virtual network in the country.
- Schedule appointments online with licensed counselors or psychiatrists through Cigna's virtual only provider groups.
- Get access to providers with a wide variety of specialties such as autism and substance use, as well as providers who specialize in treating emergency responders.
- Use Cigna's Fast Access Network to locate providers who offer first-time behavioral support appointments within 5 days

## Cigna In-Network Partner Highlights

- **Monument** offers online alcohol treatment on your terms. Monument is designed to get you results even if you are short on time and don't have the budget for expensive alcohol rehab. Care is 100% online and covered by insurance. Programs are holistic and tailored to your personal goals and include therapist moderated anonymous support groups, optional medication support options, online alcohol therapy, and a 24/7 anonymous forum. Get started at [joinmonument.com](https://joinmonument.com).
- **Headspace** offers confidential mental healthcare through behavioral health coaching via text-based chats, self-guided learning activities and content, and if needed, video-based therapy and psychiatry. Support is available anytime (24/7/365) and anywhere from the convenience of your smartphone.
- **Talkspace** provides online therapy with a licensed clinician via private message and live video. Talkspace will match you with a therapist and allows you to write when you want. Therapists respond to messages 1-2 times per day and video sessions can be scheduled for extra support.
- **Meru Health** is a proven solution for stress, depression, and everything in between-- in your pocket! Program includes biofeedback training, lessons to improve sleep and nutrition, and mindfulness exercises for balancing mood and energy.
- **Sondermind**: Therapy isn't always easy, finding it should be. Sondermind is available to help you find a licensed therapist who is available to see you in person or for an online video session.
- **MDLive Behavioral Health**: MD Live services include behavioral health services. Consult with a therapist or psychiatrist from your home, office or on the go. Cost share varies by the level of provider utilized.
- **Brightline** is the first virtual pediatric behavioral health solution built specifically to support kids and teens ages 18 months thru 17 years old, and their parents/ caregivers. Our multidisciplinary care teams have experience navigating a wide range of common challenges, from issues like sleep hygiene, separation anxiety, and disruptive behaviors to more acute needs such as clinical depression, trauma, and ADHD. Brightline provides families the tools they need to learn, grow, and thrive — now — and into the future.

## Additional Resources

- **Happify** — Science-based games and activities designed to help you: defeat negative thoughts, boost health and performance, reduce stress and anxiety and increase mindfulness. Sign up and download the free app today at [cigna.happify.com](https://cigna.happify.com).
- **iPrevail** — Learn how to boost your mood and improve mental health with on-demand coaching 24/7. After completing a brief assessment, you receive a program tailored to your needs that includes interactive lessons and tools. You get access to a peer coach who is matched based on your symptoms. You can also join support communities focused on stress, anxiety, depression and more. iPrevail also includes a caregiver support program designed to help you cope with stress, improve resilience, and enhance your overall health and well-being. Sign up for iPrevail at [my.Cigna.com](https://my.Cigna.com).

## National Resources

- **Colorado Crisis Services** — Available 24/7/365. Provides free, confidential, and immediate support. The line is staffed 24/7 with licensed mental health clinicians and peers. Call 1-844-493-TALK (8255), text TALK to 38255, or visit [coloradocrisiservices.org/](https://coloradocrisiservices.org/).
- **211 Community Resources** — 211 helps find vital services such as emergency shelter, food, rental and utility assistance, childcare, health care and more. Dial 211 to be connected to resources/support or visit [211.org/](https://211.org/).
- **988 Suicide & Crisis Lifeline** — The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones. Call the 988 anytime 24/7 or chat online at [988lifeline.org/talk-to-someone-now/](https://988lifeline.org/talk-to-someone-now/).
- **National Domestic Violence Hotline** — The National Domestic Violence Hotline believes everyone deserves healthy relationships. The Hotline provides essential tools and support to help survivors of domestic violence, concerned friends or family members, and abusive partners seeking to change themselves. Advocates are highly trained experts who will listen without judgement, offer compassionate support, crisis intervention information, education, and referral services in over 200 languages. Calls are confidential and services are free. Advocates are available 24 hours a day, seven days a week, and 365 days a year. Call 1.800.799.SAFE (7233) or Text: START to 88788 or chat online at [thehotline.org](https://thehotline.org).