

# CLEARY GOTTLIEB

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## Well-Being & Mental Health Resources – New York

The following pages include a summary chart and high level descriptions of relevant mental health and well-being resources at Cleary– created to help you more quickly and easily explore the options available to you.

If you need additional support navigating Cleary’s resources or would like to speak with someone directly about your concerns or needs, please don’t hesitate to reach out to your ADM or to: [US Benefits Team](#), [Global-Well-Being](#), [NY Legal Human Resources](#), or [Professional Staff Human Resources](#).

### Key Contacts (select ‘People’ tab):

[US Benefits Team](#)

[Legal HR](#)

[Professional Staff HR](#)

[NY Attorney Development Team](#)

[Global Well- Being](#)

### Thank you! Well-Being team:

Kate Damm: Global Senior Manager of Talent and Well-Being

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## Well-Being & Mental Health Resources – New York

### SUMMARY CHART:

Cleary NY Benefits & Resources for all	Cleary Benefits via United Healthcare	External Resources of interest
<p><a href="#">Humana Employee Assistance Program (EAP)</a></p> <ul style="list-style-type: none"> <li>Free, confidential, 24/7</li> <li>Representatives can connect you to a variety of resources including counselors and mental health professionals.</li> </ul>	<p><a href="#">Teladoc</a></p> <ul style="list-style-type: none"> <li>24/7 virtual service to connect and provide medical attention</li> </ul>	<p><a href="#">Suicide Prevention Lifeline</a></p> <ul style="list-style-type: none"> <li>Network of local crisis centers to provide assistance in suicidal crisis. Free and confidential. Call: 800-273-8255</li> </ul>
<p><a href="#">Ginger</a></p> <ul style="list-style-type: none"> <li>On demand access to behavioral health coaching, video therapy and video psychiatry</li> <li>Available to all employees including 8 free sessions</li> </ul>	<p><a href="#">Behavioral Health- Branch of Teladoc</a></p> <ul style="list-style-type: none"> <li>24/7 mental health service that connects and provides access to licensed therapists.</li> </ul>	<p><a href="#">NY Lawyers Assistance Program</a></p> <ul style="list-style-type: none"> <li>Offers mental health and substance abuse resources to those admitted to the NYC Bar.</li> </ul>
<p><a href="#">United Healthcare Substance Use Helpline</a></p> <ul style="list-style-type: none"> <li>Free, confidential, 24/7</li> <li>Helpline is staffed by advocates who listen and assist</li> </ul>	<p><a href="#">Talkspace</a></p> <ul style="list-style-type: none"> <li>Online 24/7 therapy platform available to employees with UHC.</li> </ul>	<p><a href="#">Lawyers Depression Project</a></p> <ul style="list-style-type: none"> <li>Confidential forum that meets bi-monthly to combat the stigma around mental health and to provide peer support</li> </ul>
<p><a href="#">LifeCare</a></p> <ul style="list-style-type: none"> <li>Concierge Service provides 24/7 personalized support and tools on a variety of subjects, such as with financial questions to helping you plan your move, to make life less stressful</li> </ul>	<p><a href="#">Live and Workwell</a></p> <ul style="list-style-type: none"> <li>Online resource portal for UHC members focused on mental health and well-being.</li> </ul>	<p><a href="#">Office of Addiction Services and Supports (NY State)</a></p> <ul style="list-style-type: none"> <li>OASAS offers treatment and providers for the proper treatment and recovery plan.</li> <li>24/7 text and call line (1-877-8-846-7369) for toll free assistance.</li> </ul>
<p><a href="#">Health Advocate</a></p> <ul style="list-style-type: none"> <li>Assists with navigating the medical system by providing support with insurance and copay explanations, finding specialists, scheduling appointments and more.</li> </ul>	<p><a href="#">Sanvello</a></p> <ul style="list-style-type: none"> <li>Free online stress and anxiety platform Assistance with navigating stress and anxiety with clinical techniques</li> </ul>	
<p><a href="#">Health Advocate – Mental Health support</a></p> <ul style="list-style-type: none"> <li>Assists finding mental health care, taking into account your insurance coverage.</li> </ul>		
<p><a href="#">One Medical: Shift</a></p> <ul style="list-style-type: none"> <li>Four-part stress management program. Learn how to identify and combat daily stressors</li> <li><a href="#">Human Resources – Legal</a></li> <li><a href="#">Human Resources – Professional Staff</a></li> </ul>	<p><b>REMINDER:</b> UHC Choice Plus Plan Deductible Waived for Out-of-Network Mental Health Providers. Due to our American Bar Association Well-Being Pledge and ongoing commitment to employee wellness, we have waived the Choice Plus Plan deductible for out-of-network mental health office visits. Co-insurance will cover 60% of the office visit, while you are responsible for the remaining 40%.</p>	

**Well-Being & Mental Health Resources – New York**  
***ADDITIONAL DETAIL:***

**Clear NY Benefits & Resources for all**

**Humana EAP**

- The Employee Assistance Program is available to any employee of the firm and their family
- Humana offers support and access to professional counselors who can help with work life balance, financial and legal assistance and direct you to proper mental health and wellness resources
- The EAP is available 24 hours a day, 7 days a week and calls are handled in confidence
- No additional cost is affiliated with the EAP, though there may be associated costs with providers or services recommended
- You as well as any household members and dependents are eligible for 3 sessions with a licensed counselor at no charge with an EAP in-network provider. The EAP will organize the sessions for you. Note that as the EAP is completely separate from any insurance plan, they cannot guarantee that their providers are covered by your insurance should you want to continue meeting with the counselor after the 3 free sessions.

**Tags: stress, anxiety, depression, substance abuse, legal assistance, financial assistance, 1-1 meetings**

**Ginger**

- The Ginger emotional support app offers confidential, on-demand emotional and mental health support for your life challenges through coaching via text based chats, self-guided activities, and video-based therapy and psychiatry
- Coaches are available to chat 24/7, 365 days per year. Private video sessions with a therapist or psychiatrist are also available.
- You and your dependents age 18 and older will have unlimited access to Ginger's coaching services and self-guided activities, as well as up to 8 free virtual therapy sessions per person, per year.
- You do not need to be on one of the firm's health plans to take advantage!

**Tags: stress, anxiety, depression, coaching, therapy, virtual**

**United Healthcare Substance Use Helpline**

- The Substance Use Helpline (1-855-780-5955) is available 24 hours a day 7 days a week
- Provides you or a loved one with the proper assistance if you are struggling with a substance use disorder
- Upon calling you are connected with an advocate who will listen, support and help develop a recovery plan

- No out of pocket costs affiliated with this service and you do not need be participating in a United insurance place to call
- Tags: substance abuse, 1-1 with live representative**

### LifeCare

- Concierge Services: 24/7 personalized support, tools to make life easier
- For example: help finding child daycare & child care centers discounts; help planning a move, wedding, party for any occasion; elderly parents resources; homework help; connect to qualified, pre-screened home improvement and repair specialists
- Register online at [member.lifecare.com](http://member.lifecare.com) and use code: CLEARYGOTTLIEB

**Tags: concierge, support, 1-1 with live representative**

### Health Advocate

- Available to all employees and eligible family members covered by a Cleary medical plan.
- Health Advocate is designed to help handle health care, insurance and billing-related issues by assisting with common insurance frustrations and barriers

**Tags: General medical care and UHC insurance assistance, 1-1 with live representative**

### Health Advocate – Mental Health Support

- Available to eligible employees and families covered by UHC to find expert mental health professionals
- Patient is matched with an advocate to assist you finding the right provider for your mental health needs
- If needs are immediate, your advocate will expedite finding a doctor and booking your appointment

**Tags: Stress, anxiety, depression and additional mental challenges you may be facing, 1-1 with live representative**

### One Medical: Shift

- Shift is a four-part program to help patients learn and use a variety of stress management techniques
- During the Shift program, participants learn how to identify personal triggers and stressors in everyday life
- When enrolled, you commit to attending four 2-hour group meetings and expected to practice new techniques learned for about 10 minutes a day
- This program is open to all Cleary employees; cost is dependent on your insurance plan and network.

**Tags: stress and anxiety, group setting**



## Cleary Benefits via United Healthcare

### Teladoc

- Available to those enrolled in the United Health Care Choice Plus/Standard PPO Plan
- Offers instant medical attention when needed. 24/7 service that provides access to a network of board certified doctors who can diagnose, treat and prescribe medications virtually if needed
- Fully virtual - allows you to meet with a licensed professional from the comfort of your own home
- HSA payment is accepted at the end of each appointments

**Tags: General medical care, live physicians, 1-1 virtual appointments**

### Behavioral Health:

- Part of the Teladoc program (above), tailored to mental health assistance
- When using this service you have access to a licensed therapist by phone or by video to assist you and your current needs
- Ability to choose a therapist that you believe will best fit your needs
- Behavioral health is completely confidential and can find a breakdown of plan pricing [here](#)
- Please be advised this is NOT a crisis hotline. If you are in a crisis, contact the Suicide Prevention Lifeline (1800-273-TALK (8255) or text START to 741-741

**Tags: stress, anxiety, depression, 1-1 virtual appointments**

### Talkspace

- Online therapy platform Cleary employees can use free of charge if enrolled in any of the Firm's healthcare plans
  - NOTE – Talkspace is a generally-available app; this entry refers specifically to the United Healthcare-provided benefit
- Talkspace is a safe space to communicate with a therapist and receive timely help and treatment
  - NOTE – Talkspace allows you to meet with a therapist or psychiatrist; each session will be billed as an in-network mental health visit for those with United Healthcare through Cleary.
- Fully confidential platform that provides the ability to speak to a licensed professional any time of day
- Upon registering you will be charged a copay fee each week for your sessions

**Tags: all mental health challenges, 1-1, stress and anxiety techniques offered in app**

## Sanvello

- Smart phone and tablet application used for stress, anxiety and depression.
- Designed to help you relax and cope with your feelings by using clinical techniques.
- Sanvello is free of charge under the firm's health care coverage. It can still be accessed if you do not have health insurance through Cleary - be advised general usage is limited.
- Sanvello also provides an option within the app to meet with a licensed provider at an additional cost.

**Tags: stress, anxiety, depression**

## Live and Workwell – Mental Health: Signs and Symptoms

- Mental health portal available to those covered under the Firm's insurance
- This portal offers short videos, articles and real stories from others who have fought to improve their mental health and well-being
- Offers a place to find adequate help that is covered under your insurance plan

**Tags: Targets all mental health challenges, additional reading and resources**

## External Resources of Interest

### [Suicide Prevention Lifeline](#)

- National network of local crisis centers that provide confidential support in suicidal crisis or emotional distress
- The hotline is available 24 hours a day, 7 days a week
- If you have thoughts of harming yourself or others, please see a doctor immediately or call 1800-273-TALK (8255) or text START to 741-741

**Tags: Critical mental health care, 1-1 live representatives**

### [NY Lawyers Assistance Program](#)

- The Lawyers Assistance Program is available to those who are a part of New York City Bar and their immediate families.
- The LAP offers a variety of mental health and substance abuse resources including support groups, counseling services and a confidential hotline (212-302-5787).

**Tags: stress, anxiety, depression, additional mental physical challenges, 1-1, live representatives**

### [Lawyers Depression Project](#)

- Online peer-to-peer support groups for those in the legal profession.
- The LDP hosts a confidential forum that meets bi-monthly to combat the stigma around mental health and to provide peer support.
- Topics discussed during these sessions include: candid explorations of health and mental health experiences, impacts on legal practice in various contexts and seniority levels and tools for effective management and work-life balance.

**Tags: depression and work place challenges, group setting**

### [Office of Addiction Services and Supports \(NY State\)](#)

- The OASAS offers a variety of treatment and providers to assist you in making the proper treatment and recovery plan to fight your addiction.
- 24/7 HOPEline (1-877-8-846-7369) and text line for toll free assistance.
- OASAS responds to calls and texts to ensure all referrals result in formal intake appointments and to provide support as needed.

\*All texts and phone calls are free and confidential

**Tags: substance abuse, 1-1 live representative**