

MENTAL WELL-BEING



At Commonwealth, we recognize the importance of mental health and are committed to supporting the well-being of our employees. This page provides an overview of mental health resources and services available to you and your family, including therapy, counseling, and emergency response contacts. For more detailed information, please visit the Mental Well-Being resources on [our benefits website](#). Your mental health matters to us, and we are here to ensure you have the support you need to thrive both personally and professionally.

Employee Assistance Program (EAP)

- **Free** and **confidential 24/7** access to mental well-being services and resources for you and your family.
- Connect with a professional; access tools and programs; and explore an extensive library of articles, videos, and webinar.
- In-person or virtual counseling – three **free** sessions per family per calendar year.



(800) 450-1327
International: (800) 662-4504
TTY: 711



Member.MagellanHealthcare.com
When you create an account, enter
Principal Core as the program name.

Mental Well-Being Resources



Questions?

Scan the code or call the Member Services number on the back of your ID card.

- Wellframe: Mental and Behavioral Health Care Team. [Download the Wellframe app](#).
 - **Free** nurse support with our Blue Cross and Blue Shield health plans for you and your family's mental and behavioral health needs.
 - Video chat with a licensed therapist. *BCBSNE members will be responsible for their health plan copay or cost shares; non-members will be required to pay the standard cost for a visit.*
- Visit [NebraskaBlue.com/MentalHealth](#)
 - Detailed information to help you identify mental health issues and how to get help.

Emergency response contacts and mental health resources

- **Suicide and Crises Lifeline:** Call/text 988. Free and confidential, 24/7.
- **Boys Town 24/7 Crisis Hotline:** 800-448-3000.
- **Support for veterans:** 988 option 1, text 838255, or chat [VeteransCrisisLine.net](#)
- **National Domestic Violence Hotline:** Call, chat, or text. 800-799-SAFE (7233) or TTY: 711. Confidential, 24/7.

Earn 50 wellness program points for visiting a mental health professional.