



MENTAL HEALTH RESOURCE GUIDE

At Principia, we deeply value the well-being of every employee. Here, you'll find a curated selection of resources aimed at supporting your mental well-being. Whether you're seeking counseling services, strategies and advice, or simply looking to learn more about mental health, we're here to provide information, tools, and support.

Emergency & Crisis Support

- ▶ Suicide & Crisis Lifeline (call or text 988): Nationwide 24/7 service for immediate help with suicidal thoughts, emotional distress, mental-health or substance use crises.
- ▶ NAMI HelpLine at 1-800-950-NAMI (Mon–Fri, 10am–10pm ET): Peer support, resource referral, and information.

Employee & Family Assistance Program (EFAP)

Principia partners with SupportLinc to provide an EFAP, a free service for all employees and their immediate family, with no election required.

- ▶ Five (5) free mental health sessions per issue (in-person, phone, or video with an in-network mental health provider) to help you and your immediate family members through stress, anxiety, grief, relationship issues, or when you just want some extra support.
- ▶ Available 24/7/365
- ▶ Call 1-888-851-5462
- ▶ Website: supportlinc.com (<http://www.supportlinc.com>)
- ▶ Group code: principia

Virtual Mental Health

Talkspace is an online therapy service that connects users to a dedicated, licensed therapist in their state of residence 24/7 via private messaging or live sessions, safely and securely from your phone or desktop. No office visit is required. Users can regularly message their dedicated therapist via text, voice, or video as life happens—anywhere, anytime. Talkspace has a network of thousands of credentialed clinicians and has been used by over one million people. Talkspace is an in-network provider under Principia's health plans.

- ▶ Website: [talkspace.com/connect](https://www.talkspace.com/connect) (<https://www.talkspace.com/connect>)

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Christian Science Practitioner

Many Principians and Christian Scientists across the globe depend on prayer to support their mental well-being and have seen strong, effective healing proof of God's care throughout their lives. Christian Science practitioners are available to provide support and help others use prayer to bring healing for mental and physical challenges.

- Find a Christian Science practitioner: directory.christianscience.com

Behavioral and Cognitive Health

Employees enrolled in a Principia health plan are eligible for mental health (also referred to as behavioral and cognitive health) coverage through UMR using the United Healthcare Choice Plus expansive network. Mental health coverage on Principia's health plans includes visits with mental health professionals (psychologists, counselors, etc), prescription medications, telehealth services, and more. On the Bronze, Silver and Gold plan, the deductible and coinsurance applies; on the Platinum plan, a \$25 copay applies to outpatient visits with an in-network provider.

Here are a few in-network* providers for your convenience. You are welcome to find additional options using the UMR Find a Provider tool

<https://www.umar.com/find-a-provider> (Behavioral Health, United Healthcare Choice Plus network).

*Confirm in-network status before scheduling an appointment to save on costs.

Local Mental Health Providers – near Principia School

Saint Louis Behavioral Medicine Institute

- Specialties: DBT, CBT, eating disorders, PTSD, mood disorders
- Address: 16216 Baxter Road, Suite 205, Chesterfield, MO 63017
- Phone: (855) 802-1592 | Website: <https://www.slbmi.com/>

Centerpointe Hospital

- Specialties: Inpatient/outpatient care; dual diagnosis; CBT
- Address: 4801 Weldon Spring Parkway, Saint Charles, MO 63304
- Phone: (855) 802-1592

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Donald F. Sloane, LCSW – The Center for Cognitive Therapy

- ▶ Specialties: CBT, mindfulness, depression, anxiety, family/marital issues
- ▶ Phone: (314) 677-1104

Toby Simers, LPC

- ▶ Specialties: Anxiety, trauma recovery, life transitions, relationship counseling
- ▶ Phone: (636) 442-4799

Local Mental Health Providers – near Principia College

All listed below are UnitedHealthcare Choice Plus network options (verify via UHC Provider Search: <https://www.uhc.com/find-a-doctor>)

Alton Mental Health Center

- ▶ Specialties: Inpatient psychiatric care; addiction medicine; emergency mental health; geriatric and family medicine support
- ▶ Address: 4500 College Ave, Alton, IL 62002
- ▶ Phone: (618) 474-3800

Patricia Ellen Horn, LCPC

- ▶ Specialties: Depression, anxiety, marital/relationship issues, grief, trauma reprocessing, relaxation techniques
- ▶ Address: 108 Northport Dr, Alton, IL 62002
- ▶ Phone: (618) 688-0552

Centerstone of Illinois

- ▶ Address: 2615 Edwards St, Alton, IL 62002
- ▶ Phone: (618) 462-2331 | Website: <https://centerstone.org/>

OSF Saint Anthony's Health Center Psychological Services

- ▶ Specialties: Individual, couples, and family therapy for adults, teens, and children (ages 6+); depression, anxiety, life transitions
- ▶ Address: 815 East 5th Street, Suite 101, Alton, IL 62002
- ▶ Phone: (618) 474-6240 | Website: <http://www.osfhealthcare.org/saint-anthonys/>

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