



Behavioral Health Hub

Human Resources is excited to announce a new behavioral health program available now through Aetna.

- Substance Use Disorders
- Suicide Prevention
- Behavioral Health
- Autism Spectrum Disorders
- Online assessments, informational guidebooks, and more

Rula - a Tailored Behavioral Health Experience

Wake Forest has partnered with **Rula** to give you access to virtual support, where you may select a provider based on specialty, gender, race, language, treatment approach, and day/time preference.

For those *who are enrolled* in the medical plan and need immediate support:

- **Aetna 360™ Behavioral Health:** 800.424.4047, 24/7 — Call for all behavioral health support needs; download the **Behavioral Health Member Guide**.
- **Teladoc:** 855.835.2362; 7 days/week; 7 a.m. to 9 p.m. local time; download the **Teladoc flyer**.
- **MinuteClinic Behavioral Health** — 855.417.2486; available in select **CVS MinuteClinic Markets**.

For those *who are not enrolled* in the medical plan and need immediate support:

- **Employee Assistance Program (Atrium):** 336.716.5493
- **Employee Assistance Program (New York Life):** 800.344.9752 or **guidanceresources.com**. (Org Web Id = "Wake " with a space after the letter "e")
- **National Suicide Prevention Lifeline:** 1-800-273-TALK (8255)
- **988 Suicide and Crisis Lifeline:** Call, text, chat, or hearing challenged



Visit the new **Behavioral Health Hub** on the Human Resources website to read more about available support and to download this flyer to share with your team. Questions? Contact benefits@wfu.edu.



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