



# Newark Board of Education

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Where Passion Meets Progress

Roger León  
Superintendent

<p><b>Aetna - AbleTo (Behavioral Health)</b></p> 	<p><b><u>AbleTo.com/Aetna</u></b></p> <p>With the AbleTo program, you'll get virtual, personalized support that can help you feel better. You'll learn how to better manage your emotions and improve your overall health. And your mental and physical health can improve in as little as eight weeks. Plus, this program is already included in your Aetna® membership.</p> <p>Call <b>1-844-330-3648</b>, Monday–Friday from 9 AM–8 PM</p>
	<p>Access telephone or video chat support for stress, anxiety, depression and more by connecting to a Therapist, Psychologist and/or Psychiatrist. <a href="https://www.teladoc.com/Aetna">Teladoc.com/Aetna</a></p>
<p><a href="http://www.hrconnection.com">www.hrconnection.com</a></p> <p>Employee Benefits Portal</p>	<p>Access Key: NBOE Select the Wellness Tab -Select the first option-Atena, Ableto, Teledoc and/or second option- EAP/Free Wellness Options</p>
	<p><b>Psychologytoday.com</b></p> <p>Mental Health Therapist Directory. You can find a therapist based on location, specialty, area of concern, insurance, etc.</p>
	<p><b>Helloalma.com</b></p> <p>Alma makes it easy to find high-quality, affordable mental health care.</p>
	<p><b>Headway.co</b></p> <p>Headway assists with verifying your insurance coverage for mental health services and makes it easy to find high-quality, affordable mental health care.</p>
	<p><b>988lifeline.org</b></p> <p><b>National Suicide Prevention Hotline</b> The Lifeline provides 24/7 free and confidential support for people during emergencies. The Lifeline also helps specific groups, such as youth, loss survivors, veterans, LGBTQ, and more, cope with suicidal thoughts.</p>