



# Mental Health Benefits

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## Cigna Behavioral Programs

Challenges to mental well-being come in many forms, and so do the ways we can work through them. Whether you need help reducing stress, are feeling motivated to make a change in your life, or need to talk to someone, Cigna offers a variety of behavioral support tools and services to help you get the support that works best for you:

- Virtual Counseling
- Emotional Health & Well-being
- Mental Health
- Substance Use
- Coaching & Support
- Lifestyle Management Programs

For more information, please visit <https://cignabehavioralprograms.com/CTBH/>.

### Supplemental Information:

- [Cigna Behavioral Resource Guide](#)

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## Employee Assistance Program (EAP)

When you need help with work, home, personal or family issues, the Employee Assistance Program (EAP) offers value-added programs and services at no charge. Palantir employees and their household family members can access this confidential service through Lincoln Financial Group's Guidance Resources to help with many life challenges including elder care, illness, grief and loss, stress and depression, financial counseling, family challenges, legal matters, and much more. These services can help you overcome challenges while saving you both time and money.

The EAP gives you access to:

- Unlimited phone sessions
- Up to 5 face-to-face sessions per incident per year
- Child care and elder care assistance
- Financial services assistance
- Legal resources
- Identity theft recovery services
- Concierge services

Contact the EAP anytime, day or night, by calling 888-628-4824 or by visiting [GuidanceResources.com](https://guidanceresources.com):

Username: LFGSupport

Password: LFGSupport1

You may also download the GuidanceNow mobile app.

### **Supplemental Information:**

- [EmployeeConnect Services](#)
- [LifeKeys Services](#)
- [TravelConnect Services](#)

## **Lyra Health**

Lyra provides care for your emotional and mental health how, when, and where you need it, at no cost to you. Lyra offers high quality mental health care solutions covering a broad spectrum of issues from stress to self-harm, and everything in between.

What does Lyra provide?

- The ability to meet with mental health coaches and therapists via live video, or in-person.
- Care for children, adolescents, adults, couples and families.
- 24/7 support for urgent needs via phone, live chat, email.
- Up to 25 sessions for you, your partner, and dependents that are fully covered, with no copays or paperwork.

Visit [palantir.lyrahealth.com](https://palantir.lyrahealth.com) or call 844-904-2587.