

MENTAL WELLNESS RESOURCES GUIDE

Mental Health:

- Concern Employee Assistance Program (Free)
- 10 free mental health visits with behavioral health providers through Blue Cross Blue Shield
- \$0 copay for mobile Teletherapy through Blue Cross through Blue Cross Blue Shield
- \$50 Financial Incentive for Annual Mental Health Check-up through Blue
- Partnership with Your Inner Yogi for meditation and yoga

Vendor	Benefit	Contact
Concern EAP	<ul style="list-style-type: none"> • \$0 cost employee assistance program • Counselors can assist with psychological stress, grief, relationships, substance abuse and more 	Call to Schedule an appointment (901) 458-4000
BCBST	<ul style="list-style-type: none"> • 10 Free Behavioral Health Visits • \$50 Annual Mental Health Check-Up Incentive • PhysicianNow Teletherapy 	Member Services 1-800-565-9140 8 a.m. - 6 p.m. ET (Monday - Friday)
Your Inner Yogi	<ul style="list-style-type: none"> • 15% off regularly priced classes & membership • Offers offer yoga teacher training, online yoga instruction, meditation sessions, wholesome recipes, and tips on mindfulness meditation and yoga 	Address: 10 N 2nd St #102, Memphis, TN 38103 Phone: 901.512.4534