



SHIELD

Wellness Unit

Support Today. Stronger Tomorrow.

Mental Health • Resources • Connection • Success

The SHIELD Wellness Unit (S.H.I.E.L.D.) is dedicated to supporting the mental, emotional, and overall well-being of Memphis Police Department employees and their families through accessible resources, education, and compassionate care.

 SERVICE	 WHAT WE OFFER	 HOW TO ACCESS
 BCBST*	10 Free Behavioral Health Visits \$50 Annual Mental Health Check-Up Incentive	 Member Services 1-800-818-8581 (Case management, option 6, then behavioral health, option 5)
 Concern EAP	\$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
 Cordico	- Accessible 24/7, Self-assessments PTSD, sleep, stress and more. - Wellness Content videos & articles on 50+ topics. Peer Support, Chaplain Support, Therapist Finder	 Scan the QR Code to install the app. Contact your supervisor for login information
 Employee Health Center (Poplar Ave)	Get support of licensed mental and behavioral health professionals who can help you address conditions like anxiety, depression, and more.	 Call (901) 725-9055 or visit www.careatc.com/patients 3295 Poplar Ave. Ste. 105
 TalkSpace	Free virtual service that connects members with licensed mental health providers for counseling, therapy and medication support.	 Visit talkspace.com/Memphis Use keyword "MemphisEmployees"
 Teladoc Health*	24/7 virtual care (phone or video) from board certified psychiatrists, psychologists, and licensed therapists. - Support for anxiety, depression, grief, family difficulties, and more.	 Call to schedule an appointment 1-800-835-2362



SUPPORT



HEALTH



INTERVENTION



ENGAGEMENT



LEADERSHIP



DEVELOPMENT

IT IS OKAY NOT TO BE OKAY

Your Well-Being Matters. We Are Here for You.