



The State of New Hampshire health benefit plan offers a variety of programs, resources and services that support mental health and well-being.

NEED HELP NOW?

If you or someone you know is in crisis, call or text [988](tel:988) or chat 988lifeline.org

Click each icon to learn more



PROVIDER VISITS

Covered members can visit in-network providers for individual or group therapy in both inpatient and outpatient settings. In person and virtual visits available.

No referral required for outpatient care.



LIVEHEALTH ONLINE

Access to licensed, providers in four days or less. Participate from the comfort of your own home using a smartphone, tablet or computer.

Flexible appointments available, including nights and weekends.



ASPIRE 365

In-home mental health program for individuals 13+. Includes an array of services including psychiatry, case management, family therapy and support groups.

Care team makes contact within 24 hours and services begin within seven days.



INSTRIDE HEALTH

Flexible, virtual treatment program for enrolled dependents ages 7-22.

Focuses on cognitive behavioral and exposure therapy. Gives participants the tools they need to navigate and help control their anxiety.



LEARN TO LIVE

Self-paced, virtual therapy programs provide 24/7 access to online service. Live coaching via phone, email and/or text message.

Add a friend or family member to support your wellbeing journey.



Nurse Health Coach

In person and virtual visits available with no copay for State of New Hampshire Employees enrolled in the health plan. Support for any healthcare related question or concern.



National Resources

To learn how to get support for mental health, drug, and alcohol issues, visit [FindSupport.gov](https://findsupport.gov), or call SAMHSA's National Helpline at [800-662-HELP \(4357\)](tel:800662HELP)