

Free behavioral health support at your fingertips

Lucent Health is pleased to bring John Muir Healthy plan members access to behavioral health support through **virtual behavioral health counseling and coaching** at no cost to the member. Members who reach out to Member Services for behavioral health support are connected with coaches and licensed clinical counselors trained to assist members in understanding and navigating emotional wellbeing, family and relationships, and substance use.

Behavioral Health Counseling and Coaching assists members with topics like:

Balancing work and family

Parenting

Communication skills

Healthy boundaries

Restoring intimacy

Divorce or separation

Substance use

Personal growth

Anxiety

Depression

Stress

Burnout

Resiliency

Mindfulness

Grief and loss

Sleep fitness

How to Access Free, Confidential Behavioral Health Support

For behavioral health support, members can contact Lucent Health Member Services at **(877) 214-2106**, just as they would for other healthcare inquiries. The Member Services team will connect members to the coaching or counseling support they need at no cost. Support is confidential and will not be shared without your written permission except as required by law.

Any questions?

Call Member Services at **(877) 214-2106** to learn more and enroll in Behavioral Health Counseling or Coaching.