The pandemic may have accelerated the need for simpler access to mental health support. Anxiety, burnout and uncertainty about returning to in-person activities may be affecting employees and their productivity, especially among those already struggling with mental illness or substance use.

**Comprehensive support across the behavioral health continuum**

Behavioral Health Solutions integrates behavioral, medical and pharmacy data to deliver a whole-person approach to employees needing behavioral health care. Whether a person is experiencing a low, moderate or high level of severity, there are options available via education, self-help, coaching, therapy, psychiatry/prescription management and/or facility-based care.
A need for access to care

90% of consumers said the U.S. needs more accessible mental health services¹

4 in 10 U.S. adults reported feeling anxious or depressed during the pandemic²

85% said that mental health issues were disrupting their daily life³

Creating an industry shift

93% of members live within 20 miles of an Express Access provider⁴

20% lower visit count per outpatient episode⁵

$2,587 average savings per inpatient episode⁶

Guiding employees to care

We help employees get the care they need, how and when they may need it by:

• Creating awareness and engagement
• Leveraging next-best-action technology
• Providing different ways to access support, including digital/web, apps and advocacy support

Streamlining access to care

Behavioral Health Solutions’ goals are to help bring greater precision, speed and ease to how people obtain mental health services with:

• Access to 269,000+ providers⁷ and 73,000+ virtual providers⁸
• Real-time appointment scheduling
• Express Access providers who offer appointments within 5 days (24 hours for urgent needs)

Learn more

Contact your UnitedHealthcare representative