



Mental Health Matters

HNTB cares about supporting all of you. Our mental health benefits meet you where you are.



Benefits to Help



Access to Free Counseling

GuidanceResources (EAP) offers you and your immediate family members six in-person or virtual confidential counseling sessions each year at no cost to you.

Available 24/7. Just call 866.726.3601 or go to guidanceresources.com.



Mental Health Support From Your Medical Plan

With enrollment in an HNTB UHC medical plan, you get access to face-to-face visits or online behavioral health visits.

Kaiser plan enrollment gives you access to mental health services, including online support.



Text, Call or Video Chat with a Therapist

With Talkspace, you can send private, secure messages (text, voice or video) to a licensed therapist anytime, anywhere – no appointments necessary.

Talkspace is available if you are enrolled in an HNTB UHC plan.



On-Demand Access to Self-Help for Stress and Emotional Well-Being

Get access to self-care tools created by clinicians to help boost your mood and shift your perspectives with AbleTo – anytime, anywhere. This service is available at no cost if you're enrolled in an HNTB UHC plan.



Support for Coping with Substance Use Disorders

Excessive and compulsive use of alcohol or drugs can be treatable with proper care. Here are support resources: GuidanceResources at 866.726.3601, or Live and Work Well (if you are enrolled in an HNTB UHC plan) at 855.780.5955.



Here For You

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HNTB