


Behavioral Health Resources



If you're struggling and need support, you have choices. Lapeer Community Schools benefit offerings include a wide array of behavioral health, mental health, and substance abuse services available to you and your family members.

If you have any questions on any of the resources provide below, please contact Krista Trevithick, Payroll and Benefits Specialist, at (810) 538-1610 or via email to ktrevithick@lapeerschools.org.

	LIFE ASSISTANCE PROGRAM 	NEW DIRECTIONS 	ONLINE VISITS 	IN-PERSON BEHAVIORIAL HEALTH PROVIDER VISITS 	MYSTRESS TOOLS 
What is it?	Offers CONFIDENTIAL Work-Life Benefits, for personal, family, life or professional reasons	Part of your MESSA plan. New Directions tools and services help you get the right care at the right place.	Online care with licensed therapists and U.S. board certified psychiatrists that's available from your smartphone, tablet, or computer. These services are subject to your health plan cost share.	Meet in person with licensed therapists and psychiatrists near you. These services are subject to your health plan cost share.	A suite of stress management and wellness resources to help manage stress and anxiety.
How does it help?	Provides assessments, and referrals for Legal, Financial and Clinical scenarios	Provides around-the-clock support for understanding your behavioral health benefits and treatment options, and connects you with behavioral health providers.	Discuss and unpack anxiety, stress and other life challenges with a therapist or psychiatrist from the comfort of home or on the go.	Work through difficult challenges face to face with a behavioral health professional.	It provides podcasts, videos, webinars and articles on topics such as resilience, wellness coaching, stress tracking, meditation, and more.
Where do I start?	Counselors are available in person (up to 3 face to face visits) or over the phone. Call 855-775-4357 or visit rsli@acieap.com	Access service by calling 877-866-2395	To sign up, download the Online Visits app, messa.org/onlinevisits . Visits are by appointment only.	Log in to your MyMESSA account on messa.org . Click on Find a Doctor. Search by specialty or service type.	Log in to your MyMESSA account at messa.org , select Wellness Resources, then select MyStressTools.
Who can use the resource?	Employee and Family Members regardless of where they live.	All district employees and dependents who are enrolled in the group health plan.	All district employees and dependents who are enrolled in the group health plan.	All district employees and dependents who are enrolled in the group health plan.	All district employees and dependents who are enrolled in the group health plan.