

### **Beacon Health Options partners with Psych Hub to develop COVID-19 resource hub**

Beacon Health Options, a wholly-owned subsidiary of Anthem, Inc., has partnered with Psych Hub, several leading mental health advocacy organizations and others to develop a free digital resource site to help members and individuals address their behavioral health needs resulting from the COVID-19 pandemic.

Beacon will share its COVID-19 related content with Psych Hub, which is accessible at [www.BeaconHealthOptions.com/coronavirus](http://www.BeaconHealthOptions.com/coronavirus). The website will house educational videos produced by Psych Hub, as well as behavioral health-focused resources authored by Beacon mental health experts. Specifically, tips, videos, podcasts and webinars for helping adults and children cope with anxiety and stress during a pandemic; living with uncertainty; how to conquer fear and anxiety; coping with stress during infectious outbreaks; dealing with overwhelming media coverage and more. Providers can access topics including how to avoid burnout and how to use telehealth services. Our employer clients can access content for their employees.

Psych Hub will soon include animated videos on a variety of topics, including those that provide a guided meditation for stress and others that explain options for receiving mental and behavior healthcare online, as well as a provider's guide developing the ability for providers to practice telehealth online.

"We believe in empowering individuals in support of their own emotional wellbeing," said Susan Coakley, interim president, Beacon Health Options. "You can't take care of others unless you are taking care of yourself and that begins with your mental health. By providing access to these free behavioral health resources, we can help those who are trying to deal with the anxiety brought on by these unique circumstances."

A recent Axios/Ipsos survey showed a 48 percent increase in one week in the number of individuals who reported their emotional wellbeing had worsened, from 29 percent to 43 percent.

"We want individuals and families to understand they aren't in this alone. Everyone is going through this together, at the same time," continued Coakley. "These tips and resources have been developed by experts to help everyone – from health care professionals to people who have lost their jobs and others coping with any type of stress from this public health emergency."