

# 2 Ways to Get Mental Health Help

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## 1

### City of Portland Employee Assistance Program (EAP)

- a. Available FREE to any City employee AND their family members. No need to be part of the City's health plan.
- b. Sessions are available in person at a private office on Exchange Street or sessions are available remotely.
- c. EAP coordinator is Carol Young, Professional Clinical Counselor.
- d. How to contact:
  - i. By phone: 207.871.9272 (confidential voicemail)
  - ii. By email: [carol@portlandmaine.gov](mailto:carol@portlandmaine.gov)

## 2

### City of Portland Medical Plan

- a. Available to any City employee and their family members enrolled in the City's health plan.
- b. Choose your own mental health provider.
- c. Unlimited healthcare visits in person or over the phone.
- d. FREE whether you use in-network or out-of-network services. (If you go out of network, you may have to file a claim.)
- e. Included Health's Doctor on Demand service Available FREE, 24/7 to any City employee and their family members enrolled in the City's health plan.
- f. How to contact:
  - i. By phone: 855.498.4661
  - ii. Visit [includedhealth.com/cop](http://includedhealth.com/cop) to schedule a virtual visit

If you are in crisis, call the Maine Crisis Hotline at 888.568.1112  
or the National Suicide Prevention Lifeline at 800.273.8255

City of  
**portland**

