

# Mental Health Resources For Hidalgo County Employees



## Deer Oaks - Employee Assistance Program

Call (888) 993-7650 for 24/7 support & 3 free counseling sessions.

Visit [www.deeroakseap.com](http://www.deeroakseap.com)

Login & Password: hidco

Access mental health articles, online seminars, and resources.

Deer Oaks can assist with conditions such as anxiety disorders, depression, PTSD, eating disorders, and many others.

**\*Any Hidalgo County employee has access to these services regardless of insurance plan.**

## Aetna Behavioral Health-Able To

Call 1-844-330-3648

8-Week Counseling Program

2 sessions per week

Have you been diagnosed with a serious illness or have recently been through a difficult life situation? The Able To Program offers mental health support in managing life changes through an 8-week counseling service.

**\*Must be on the Hidalgo County Aetna insurance plan.**

## Vera Whole Health - Mental Health Referrals

956-287-3099

4302 S Sugar Rd. Suite 105, Edinburg, TX 78539

Depression Screenings available.

Referrals to mental health specialists can be provided after an outpatient visit at Vera Whole Health.

**\*Must be on the Hidalgo County Aetna insurance plan.**