

# **Mental Health Resources for ETA Members**

**Your well-being matters.** Teaching is deeply meaningful work, but it can also be stressful—and sometimes we all need extra support. If you are looking for help with your mental health, here are three options available to ETA members.

Please remember: **you are not alone.** Reaching out for help is a sign of strength, not weakness. ETA is here to stand with you and connect you to the resources you need.

ETA has listed **3 Options with the possibility of 1 more.**

## **Option 1: Through Your Health Insurance**

**Overview:** Teachers may receive a limited number of therapy sessions through EVSC health insurance plans. The number of sessions and coverage depends on the specific plan you are enrolled in.

**Cost:** Depends on your medical plan you are on.

### **To check your benefits:**

1. Visit [EVSC Insurance & Benefits](#)
2. Scroll about halfway down the page.
3. Open Insurance Plan Options.
4. Select Anthem Medical Plans.
5. Click on your current plan to view details – page 3 or 4 depending on your health insurance plan.

### **To access:**

1. Call your doctor
2. Schedule an appointment
3. Your doctor may need to refer you

## Option 2: Ascension St. Vincent

**Overview:** EVSC & our Health and Wellness Clinics offer health and comprehensive psychiatric services at no cost to those eligible for clinic access.

**Cost:** Free to EVSC employees on EVSC Anthem Medical plans.

**To access:** Employees covered on EVSC Anthem medical plans can access mental health care through the EVSC Clinic from the providers below:

- Rachael Virgin, LCSW; Services: therapy for patients 12+
- Abbigail Bland, PMHNP, BC; Services: medication management
- Scheduling an Appointment – Call 1-888-492-8722 to discuss symptoms and schedule an appointment.

## Option 3: NEA Mental Health Program

**Overview:** As a member of ETA, you are also part of ISTA and NEA. NEA offers a Mental Health Program that connects members to counseling resources.

**Cost:** Most members pay \$0. There may be co-pays, depending on coverage. Call your insurance for more information.

**To access:**

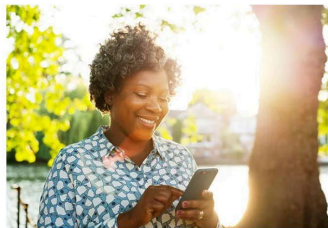
1. Go to NEA Member Benefits.
2. Create an account using your home email address.
3. Once registered and verified, search “Mental Health” on the site to find available resources.

Health & Wellness >

### NEA Mental Health Program

Rethink how you manage your mental health. Get evidence-backed tools for stress, anxiety, depression, or whatever you're going through.

Get Started



In partnership with



4. Then click Get Started and follow the prompts.



Login

FAQs

Get Started

nea **Members**  
Insurance Trust

Support when you feel stressed or overwhelmed

Access the latest self-care techniques, coping tools, meditations, and more at no additional cost to you—anytime, anywhere with Self Care from AbleTo. Each week you'll find new, personalized content that you can move through at your own pace to help boost your emotional well-being, which may help you feel better.

Get Started



## Option 4 - POSSIBLE Teacher's Mental Health Group

**Overview:** ISTA Racial and Social Justice Coordinator Rita Taylor recently shared information from a local resource – Hailey Miller, LCSW, a licensed clinical social worker in Evansville. Hailey is *exploring the idea* of offering a free Teacher's Mental Health Group focused on stress-related concerns.

**If you'd like to learn more:**

1. Complete this short form: [Teacher's Mental Health Group Interest Form](#)
2. The form includes her contact information if you'd like to reach out directly.

Note: ETA does not have a personal connection to Hailey Miller but wanted to share this opportunity for those who may find it helpful.

### **Final Thought:**

If you are struggling, you are not alone—and you never have to carry the weight by yourself. Reaching out for help is not a weakness; it is one of the **bravest and strongest steps you can take**. ETA stands with you and is committed to making sure you have the care, support, and resources you need.