

Here4TN Helps Mary Be More Confident and Assertive



Mary* was a young adult when she lost her parents. The loss left her feeling like she had few people to depend on, and caused her to learn to do a lot for herself.

But when she developed panic attacks — one so severe she had to miss a week of work — Mary knew she couldn't manage everything on her own. She needed to get help.

Mary first sought help from her primary care doctor, who encouraged her to seek mental health help right away. Her doctor gave her a list of psychiatrists to consider, starring one name in particular, but the thought of talking to someone about her panic attacks was overwhelming.

Unsure of what to do next, Mary turned to **Here4TN**, an Employee Assistance Program (EAP) offered by Optum as a benefit to State of Tennessee employees and their dependents.

Mary had learned of **Here4TN** during her new employee orientation. Though at the time she felt it was a nice offering, she thought she'd never use it.

*"The **Here4TN** specialist helped me find all the resources I needed."*

"I really didn't think I had a problem serious enough to use **Here4TN**," said Mary. "At first, I thought it was a nice benefit, but it wasn't for me. I also thought that I didn't deserve it, believing that there were other people who had it worse than me."

For Mary, even reaching out to **Here4TN** was a struggle. But her **Here4TN** specialist immediately put her at ease.

The **Here4TN** specialist helped Mary verify that the recommended psychiatrist was in-network for her benefit plan. The specialist connected Mary with a master's-level therapist for in-person sessions at no cost to her through her benefit.

Throughout her care, Mary learned that she had anxiety and depression — something she didn't realize went hand-in-hand. She was also diagnosed with post-traumatic stress disorder.

The services Mary received through **Here4TN** helped her a lot at work too. Though she hadn't had a bad review, she never quite felt good enough at her job. Between that and needing to take time off for her ongoing panic attacks, Mary had a lot of work-related insecurities.

Since using her **Here4TN** benefit, Mary says she's been told by others that she seems more confident and assertive at work, and that makes her proud.

"No trauma is too little ... And you should reach out for help."

"The **Here4TN** specialist helped me find all the resources I needed," said Mary. "If I was stumped or when I needed additional help, my **Here4TN** specialist was there every step of the way."

Mary wants others facing similar situations to know they are not alone.

"No trauma is too little. It doesn't matter if you are drowning in six feet of water or 20



Looking for support right now?

Call **Here4TN** anytime for confidential support and access to five online or in-person counseling sessions per issue, per year at no cost to you.

855-Here4TN
(855-437-3486)

Here4TN.com

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FOR HEALTH**



*Name has been changed to protect member's privacy. Stock photo used.

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