Mental Health Care & Services

Life's struggles can take an emotional toll on you. If you're struggling with anxiety, depression, substance abuse, or any other mental health condition, you're not alone. There is help.

Eligible Services

Your PEHP mental health benefit covers treatment for specific mental health conditions. Please note you must have a diagnosis to use this benefit. Call a PEHP Health Benefits Advisor to see which benefits apply to you, 801-366-7555 or 800-765-7347.

Examples of Ineligible Services

- Conduct disorders
- Marriage counseling
- Parental counseling
- Hypnosis, biofeedback
- Stress management
- Relaxation therapy
- Learning disabilities
- Residential treatment

See your Master Policy for a complete list of exclusions.

NOTE: Preauthorization is required for some mental health services, including all inpatient mental health services, day treatment facilities, and intensive outpatient programs

Online Psychiatric Services

If you prefer to seek counseling from the comfort of your home, you can consult a psychiatrist online via Amwell. Since PEHP doesn't contract with Amwell, you'll have to pay for the service upfront, then submit a receipt to PEHP using the Self-Pay Medical Claim Form for reimbursement or to apply your payment to your deductible and out-of-pocket maximum. For a list of eligible services, call 801-366-7555 or 800-765-7347. Please note only psychiatric services with Amwell will be treated as in-network.

Other Mental Health Options

If you're seeking professional care for an ineligible service, consider these options:

- Ask your employer about any Employee Assistance Programs (EAP) or Life Assistance Counseling available to you. Many such plans pay for a limited number of mental health visits, without requiring a specific diagnosis.
- Find local mental health resources at www.211utah.org.
- You may qualify for intensive crisis counseling services. Call the PEHP Member Services Nurse (801-366-3961) to determine if you or a family member may be eligible.

PEHP Health & Benefits