Your Mental Health Resources



We care about your well-being, on and off the job. STOBG helps you get mental and emotional support when you need it.*

*For employees based in the United States

Free and Confidential Counseling 24/7

Our Employee Assistance Program (EAP) provides confidential counseling assistance 24/7 to you and your family. You can get help with anxiety, depression, stress, grief, relationships, substance abuse, balancing home and work, and more. You will be provided six free, confidential counseling sessions per issue, per person, per year.

You do not need to be enrolled in a company medical plan to use the EAP. It is accessed through HealthJoy, in partnership with CuraLinc.

HealthJoy

888-731-3327 | eap.healthjoy.com (Company code: STOBG) | support@mysuportportal.com

Support from your STOBG Medical Plan

As an STOBG medical plan participant, you can connect with therapists, counselors, and other resources via live sessions, video, text, or phone. Go to STOBGBenefits.com (password: STOBGBenefits) to access these resources.

UnitedHealthcare Medical Plan Participants

United Healthcare	Talkspace	Headway	Calm
One-on-one virtual therapy sessions with a licensed therapist	Online therapy app with prescription management option	Mental health provider lookup service	Mindfulness app with content and programs

Kaiser Members

Mental health support and self-care apps, including Calm

HMSA Members

Island Scene health and well-being website

National Resources

National Suicide and Crisis Lifeline
988

Crisis Text Line International
Text: HOME to 741741

Substance Abuse and Mental Health Services Administration National Helpline
800-662-HELP (4357)

National Sexual Assault Hotline
800-656-HOPE (4673)

National Domestic Violence Hotline
800-799-7233

Mental Health resources for LGBTQ+
pride365plus.com

Mental Health Resources for Underrepresented Communities
American Foundation for Suicide Prevention
AFSP.org

STO Building Group Family of Builders · Ajax · bcci · Structure Tone · Layton · STO Mission Critical · Abbott Construction · Structure Tone Southwest · Govan Brown · Pavarini McGovern · LF Driscoll Healthcare · Structure Tone International · Pavarini · LF Driscoll · RC Andersen