Accessing Emotional and Mental Health Support Is About to Get Much Easier

We recently announced that you'd soon have a new mental health benefit from Ginger and gave you some basic information about how it will work. With Ginger becoming available October 3*, we wanted to provide more details about the three components of care Ginger provides:

Behavioral Health Coaching	Therapy & Psychiatry	Self-Care Library

There truly is something for everyone. Ginger will meet you where you are and provide confidential, compassionate care to help with anything you're struggling with—from stress and depression to issues with work and relationships.

Your Use of Ginger Is Confidential

No one at UNC will know if you use Ginger. Any health and personal information you share with your care team will be kept private. In other words, any information you provide to Ginger is not provided to, or managed by, the System Office or any constituent institution.

CONNECT WITH A GINGER BEHAVIORAL HEALTH COACH IN A MATTER OF SECONDS

Sometimes you just need to chat through life's challenges. With Ginger, you don't have to wait for an appointment. You can connect with a behavioral health coach anytime, 24/7/365, at no cost to you. It's convenient, discreet and secure.

Beginning October 3, you can chat with a coach via text in the **Ginger Emotional Support app**. You'll be able to schedule regular sessions with a coach or just use Ginger behavioral health coaching on-demand when you need immediate support.
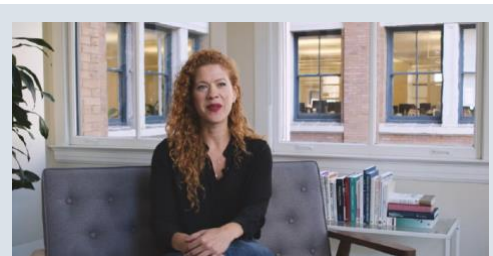
Click here to find out what a behavioral health coach is.

Ginger coaches are trained professionals with an advanced degree and/or coaching certification. They have at least two years of professional work experience and undergo 200+ hours of specialized training each year. When you use Ginger behavioral health coaching, you can expect to receive thoughtful and judgment-free coaching. Your Ginger coach will help you map out a plan to reach your goals and stick with you along your journey.

WHY USE GINGER?

70% of Ginger members see an improvement in depression symptoms within 10 to 14 weeks.

**4.7/5** ⭐ is the average Ginger member rating after every coaching, therapy and psychiatry session.

Ginger self-care library includes **200+** clinically validated resources with recommendations for you.

NEED MORE SUPPORT THAN A BEHAVIORAL HEALTH COACH CAN PROVIDE?

A licensed therapist or psychiatrist can be added to your care team if you need extra support. Therapy and psychiatry sessions are video-based and available evenings and weekends to fit your schedule. **Note:** If you use Ginger Therapy and Psychiatry services, your sessions may be covered under the State Health Plan. Applicable deductibles and copays for an office visit will apply.

Click here to learn about the extra support a therapist or psychiatrist can provide.
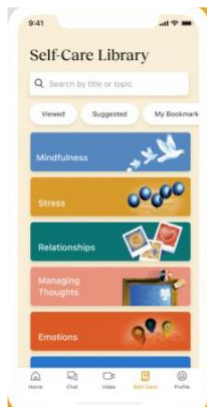
ACCESS IN-APP CONTENT TAILORED TO YOUR NEEDS

The Ginger Self-Care Library includes self-guided activities, videos, podcasts, classes and more! You can use it in addition to behavioral health coaching and/or therapy/psychiatry, or on its own. View resources anytime and come back frequently as Ginger is always adding new content. Self-care resources are designed to help you practice well-being techniques and develop life skills.

Watch Your Email in the Coming Weeks

You'll receive an email from Ginger next week that provides you with instructions for creating an account and accessing care. But you can complete the first step now if you like: download the **Ginger Emotional Support app** from Google Play or the App Store.

In addition to the email with access information, be on the lookout for weekly emails from Ginger throughout the month of October that provide you with more in-depth information about how to use this new benefit.

* You are receiving this communication as your institution is participating in the Ginger program. Not all UNC constituent institutions elected to participate in Ginger at this time. Please contact your Human Resources Department for additional information.

childcare/
eldercare

family
issues

anxiety/
stress

finances

If it matters to you, it matters.

health

Resources to help you support your
well-being and build resilience.

depression