

# Modern Health and Crisis Response

Modern Health helps guide individuals to the right level of care at the right time. Each employee has access to a full spectrum of support to meet their unique needs. If you are worried about a team member and notice they might benefit from additional resources, or if they come to you looking for support, here are a few suggestions that may help.

*This is provided for general guidance only and does not replace professional or medical advice. Each individual should be making their own decisions about how to proceed in the described scenarios.*

## How and when to refer to Modern Health

|                | SITUATION                                                     | EXAMPLE                                                | RESPONSE                                                                                                                                          |
|----------------|---------------------------------------------------------------|--------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>LEVEL 4</b> | Team member is on the verge of causing harm to self or others | "I don't think I can stop myself from hurting myself"  | <b>Call 988 (National Suicide Prevention Hotline).</b><br>If outside of the U.S., access the International Emergency & Suicide Hotlines on page 2 |
| <b>LEVEL 3</b> | Team member is expressing thoughts of self-harm or suicide    | "I feel like everyone would be better off without me." | Direct team member to Modern Health and proactively provide local crisis resources (i.e. Mental Health Hotline 988)                               |
| <b>LEVEL 2</b> | Team member comes to you with lower level distress            | "I'm feeling really anxious about work."               | Have a conversation and refer them to Modern Health for coaching or therapy                                                                       |
| <b>LEVEL 1</b> | You notice a change in team member's behavior                 | Team member has stopped speaking up in meetings        | Proactively have a conversation with your team member & refer them to Modern Health for coaching or therapy                                       |



### Modern Health is your mental wellness benefit.

Access to personalized 1:1, group, and self-serve resources for your well-being, so that you can be the best version of yourself — at home, at work, and in your relationships.

Scan this QR to get started. Or visit [my.modernhealth.com](https://my.modernhealth.com).



## International Emergency & Suicide Hotlines

| Country or Region | Local Emergency Hotline | Suicide Hotline  |
|-------------------|-------------------------|------------------|
| Australia         | 000                     | 131114           |
| Canada            | 911                     | 1 (833) 456-4566 |
| China             | 110                     | 800-810-1117     |
| Finland           | 112                     | 010 195 202      |
| France            | 112                     | 0145394000       |
| Germany           | 112                     | 08001810771      |
| India             | 112                     | 8888817666       |
| Ireland           | 112                     | +4408457909090   |
| Israel            | 100                     | 1201             |
| Japan             | 110                     | 810352869090     |
| Romania           | 112                     | 0800 801200      |
| Singapore         | 999                     | 1 800 2214444    |
| South Korea       | 112                     | (02) 7158600     |
| Spain             | 112                     | 914590050        |
| Sweden            | 112                     | 46317112400      |
| Switzerland       | 112                     | 143              |
| United Kingdom    | 112                     | 08457909090      |
| United States     | 988                     | (800) 273-8255   |



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