

## Faculty & Staff Mental Health Resources

The University Counseling Center (UCC) seeks to provide the highest quality of services while maintaining the confidentiality and privacy of our clients. Due to the nature of the center the UCC is unable to provide services to Johnson University's faculty, staff, and dependents there of. When requested, the Director of Clinical services is able to provide referral information for various mental health services in the area. Contact Director at: ext 2163 or [eeisenhart@johnsonu.edu](mailto:eeisenhart@johnsonu.edu)

Please verify your eligibility *yearly* for the following employee benefits:

### Teledoc Behavioral Health

Choose a therapist or psychiatrist for treatment of depression, anxiety, trouble adjusting, phobias, and more. Counseling is available seven days a week from 7 a.m. to 9 p.m. local time.

Therapist \$85/visit (masters level clinician)

Psychiatrist \$200/evaluation

Psychiatrist \$95/ongoing visit

### Humana

Each HDHP and traditional plan cover mental and behavioral health services at the inpatient and outpatient level. Costs go against you deductible and then coinsurance kicks in after the deductible had been reached. The coinsurance though is different between the HDHP and traditional plans.

	Network Provider	Non-Network Provider
<b>HDHP Plan</b>	Outpatient 30% coinsurance	50% coinsurance
	Inpatient 30% coinsurance	50% coinsurance
<b>Traditional No Copays</b>	Outpatient 30% coinsurance	50% coinsurance
	Inpatient 30% coinsurance	50% coinsurance
<b>Traditional w/ Copays</b>	Outpatient \$25 copay/visit,	50% coinsurance
	Inpatient 30% coinsurance	50% coinsurance

*\*Preauthorization may be required for inpatient services*

### Employee Assistance Program (EAP) through Guardian

Provides unlimited telehealth consultations, up to 3 in-person visits per employee/household member per year, bereavement, & website resources.

Available 24hrs a day, 7 days a week

1-800-386-7055

### Referral Resources

Restoration Counseling Associates	(865) 357-4673	9724 Kingston Pike # 605 Knoxville, TN 37922
Ebenezer Counseling Center	(865) 980-6464	Concord Street Knoxville, TN 37919
Haven Counseling Center	(865) 588-1718	305 Westfield Road Knoxville, TN 37919
Healing Hearts Counseling	(865) 283-1777	10261 Kingston Pike Knoxville, TN 37922
Fountain of Hope Counseling	(865) 401-0383	200 Midlake Dr NE, Unit A Knoxville, TN 37918

Foothills Christian Counseling Brittany Hepperly, LMFT	(865) 681-4914	216 Fairview Dr. Maryville, TN 37803
Sara Fulton, LPC, MHSP, NCC	(865)-474-0161	609 Cedar Lane Knoxville, TN 37912

**Trauma & EMDR Specialists**

PJ Alexander	(865) 671-9631	5410 Homberg Dr Suite 18 Knoxville, Tennessee 37919
Matt Drinnen, LPC-MHSP	(865) 687-8900	3105 Essary Drive Knoxville TN 37918
Becki Garland, LPC-MHSP	(865) 382-9822	111 Center Park Dr Suite 150 Knoxville TN 37922-2103
Dianne Lemieux, PhD	(423) 599-2361	1512 Coleman Rd Knoxville, TN 37909

**Psychiatric Services**

Healthy Minds Counseling Services	(865) 588-3173	6305 Lonas Dr. #101 Knoxville, TN 37909
Rebekah Halperin	(865) 691-2425	9217 Park West Blvd # D1 Knoxville, TN 37923
Jill Powell	(865) 312-7701	3715 Sutherland Ave Knoxville, Tennessee 37919
Jeffry Jacobs, MD	(865) 229-4770	12748 Kingston Pike Ste. 204 Farragut, TN 37934

**Community Resources**

<b>Crisis Intervention:</b>		
Mobile Crisis Unit (Adult Mental Health Emergency)		865-539-2409
National Suicide Prevention Hotline		1-800-273-8255
Crisis Textline		Text HOME to 741741
Sexual Assault Center of East TN, Crisis Line		865-522-7273
National Sexual Assault Hotline		1-800-656-4673
Adult Protective Services		1-888-277-8366
Child Abuse & Neglect Reporting Hotline		1-877-237-0004

<b>Wellness Recovery Educational Centers:</b> (social support, information, advocacy, education)		
Knox & Blount County		865-379-6030
Sevier County		865-705-2054
<b>Mental Health Association of East Tennessee</b>		865-584-9125
<b>Peninsula Services</b>		865-970-9800
<b>Ridgeview Behavioral Health</b>		865-482-1076
<b>Cornerstone of Recovery</b> (Substance Use)		865-970-7747
<b>Bradford Health</b> (Substance Use)		866-977-7158
<b>Focus Treatment Centers</b> (Eating Disorders)		865-622-7116
<b>Harmony Family Center</b> (Foster/Adoption)		865-982-5225