



# Mental Health

**You wouldn't work through a broken arm without a doctor...  
Why struggle alone with mental health?**

Collin County offers mental health services on both of our medical plans for a \$15 copay; whether your provider is in-network or out-of-network!

On [myuhc.com](http://myuhc.com) you can find behavioral and mental health providers. You can also seek care via virtual visits and access self-help information when it is needed.

Our Employee Assistance Programs (EAP) are another great resource; see pages 26 and 27 of the full Benefits Guide for more details.

## Law Enforcement Mental Health Program

Collin County has a mental health option exclusively for our Law Enforcement employees.

Seek guidance and counseling at no cost to you; Collin County will pay 100% of the fee.

Contact one of the professionals below to schedule an appointment. Let them know you are a Collin County Law Enforcement employee.

**Dr. Heather Twedell**  
469-352-7491  
[dr.t@htwedell.org](mailto:dr.t@htwedell.org)

**Dena Williams**  
214-546-7178  
[denaw@first.org](mailto:denaw@first.org)

