MENTAL HEALTH



Collin County offers mental health services through both of our medical plans with a $15 copay, whether your provider is in-network or out-of-network. If you see an out-of-network provider, you'll need to pay upfront and then submit a claim for reimbursement at myuhc.com.

On myuhc.com, you can search for behavioral and mental health providers, access virtual visit options, and find self-help resources when you need them.

Additionally, our Employee Assistance Programs (EAP) are other valuable resources. For more details, see pages 28 and 29 of the full Benefits Guide.

Law Enforcement Mental Health Program

Collin County provides a mental health program exclusively for our law enforcement employees. This benefit offers confidential guidance and counseling at no cost to you, with Collin County covering 100% of the fees.

We recognize the unique pressures law enforcement professionals face, and this program is designed to support your well-being.

Services are available through F1RST, which includes a network of 45 mental health professionals across Texas and Oklahoma who are experienced in supporting first responders. F1RST can connect you with a provider based on your needs. One of the clinicians in this network, Dena Williams, has previously worked with Collin County employees and can also be contacted directly.

To get started or schedule an appointment, contact either:
F1RST: 469-352-7491 | info@f1rst.org OR Dena Williams: 214-546-7178 | denaw@f1rst.org

Be sure to let them know you are a Collin County law enforcement employee to access this benefit.