



Behavioral Health Services

Manatee YourChoice Health Plan

WHAT IS LAMP BEHAVIORAL HEALTH AND HOW CAN IT HELP ME?

LAMP is your behavioral health benefit for the Manatee YourChoice Health Plan. LAMP is a voluntary, confidential, solution-focused counseling service. LAMP advocates provide employees and their families emotional and behavioral support to provide overall wellbeing.

WHAT SERVICES ARE OFFERED THROUGH

LAMP? Services offered include, but are not limited to:

- Individual counseling, family counseling (children 7+) and couples counseling. These services are offered in-house or virtually through Telehealth.
- Site specific programming is offered on a variety of behavioral health issues that could be negatively affecting employees on the job and at home.
- LAMP advocates are available to provide crisis appointments for employees and are available to go to the worksite if a traumatic event occurs.

IN-HOUSE LAMP SERVICES are available via telehealth or in-person appointments.

- **Counseling** – ALL employees get 5 free sessions per calendar year with an in-house LAMP Therapist (bilingual English/Spanish) regardless of Health Plan status. Members on the YourChoice Health Plan can receive additional sessions at a \$15 co-pay per session, after the 5th visit.
- **Psychiatric Services** – Members on the YourChoice Health Plan are eligible for a free psychiatric evaluation. Members are responsible for a \$15 co-pay per session after the evaluation. Telehealth via phone or zoom.

HOW DO I ACCESS LAMP SERVICES? Call the LAMP line at (941) 741-2995 during office hours. ALL calls are confidential.

OFFICE HOURS:

- Monday: 8am – 4:30pm
- Tuesday: 8am - 4:30pm
- Wednesday: 8am - 6pm
- Thursday: 8am - 4:30pm
- Friday: 8am – 3pm

LOCATION: Downtown Wellness Center
1002 Manatee Ave. W, Bradenton, FL 34205

WHAT DO I DO IF I NEED BEHAVIORAL HEALTH ASSISTANCE AFTER HOURS OR ON

WEEKENDS? LAMP is not a 24/7 crisis program.

- If you would like to speak with someone after hours, **Centerstone** has a walk-in center that is open until 7pm, M-F, located at 371 6th Avenue West, Bradenton.

For emergencies, call 911 or go to your nearest emergency room.

IMPORTANT PHONE NUMBERS

LAMP Line	941-741-2995
Bayside Center for Behavioral Health(Sarasota)	941-917-7760
Centerstone Hospital & Addiction Center (Bradenton)	941-782-4600
Suncoast Behavioral Health (Bradenton)	941-251-5000
EMERGENCY	911



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Manatee YourChoice Health Plan – www.manateeyourchoice.com

