

WE ARE HERE FOR YOU!



COVID-19 is impacting every aspect of our lives. Change is always challenging and can create stress and anxiety. During this National Emergency, The Holman Group is ensuring that you have the help you need. With Social Distancing being the concern, we are making temporary provisions in the telehealth requirements to ensure you continue to receive support with minimal disruptions.

- For you and your family who wish to continue receiving counseling with your Holman Providers through your mental health benefits, you can do so using Telehealth. Please contact your provider and continue your sessions via a Telehealth platform.
- For you and your family who wish to set up services through Holman, please give us a call and we can set you up with Telehealth services to assist you.
- Additionally, The Holman Group has flyers available on the homepage of our website regarding COVID-19 that provide education and support for your mental health.

We are here to support you as we all go through this very challenging time. If you have questions, concerns or need to get setup for Telehealth, give us a call.

IMPORTANT: You can get an interpreter at no cost to talk to your doctor or Health Insurance Company. To get an interpreter or to ask about written information in (your language), first call your insurance company's phone number at 1-800-321-2843. Someone who speaks (your language) can help you. Someone who speaks Spanish can help you. If you need additional help, call the HMO Help Center at 1-888-466-2219.

IMPORTANTE: Puede obtener la ayuda de un intérprete sin costo alguno para hablar con su médico o con su plan de salud. Para obtener la ayuda de un intérprete o preguntar sobre información escrita en español, primero llame al número de teléfono de su plan de salud al 1-800-321-2843. Alguien que habla español puede ayudarlo. Si necesita ayuda adicional, llame al Centro de ayuda de HMO al 1-888-466-2219.

A mental health counselor is available 24 hours a day, 7 days a week for emergency and urgent assistance. To schedule an appointment, receive a community referral or for inquiries our office is open 7:30 am to 6:30 pm PST.



The Holman Group
Managed Behavioral Health Care Services

(800) 321-2843 www.holmangroup.com