

## HEALTHCARE RESOURCES:

1. **Apply for [Temporary FEHB Continuation of Coverage \(TCC\)](#).** After the 31-day extension, you can choose to enroll in TCC to continue your FEHB coverage for up to 18 months, but you will need to pay the full premiums.
2. **ACA.** Another healthcare option is a plan through the Affordable Care Act (ACA). This [website](#) maintains links to information on plans offered in the states that elected to expand their Medicaid coverage.
3. **Take care of your mental health.** Some places to find that may be of help include:
  - [Teladoc mental health](#)
  - [Betterhelp.com](#), [988lifeline.org](#)
  - [American Psychological Association's Psychologist Locator](#)
  - [National Register of Health Service Psychologists](#).

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