Cerebral Mental Health Services for the Illinois Institute of Technology

As part of our commitment to providing robust wellness benefits, we have partnered with Cerebral to provide an in-depth mental health care plan for our employees.

What is Cerebral?
Cerebral provides high-quality, telehealth mental health services, which include:

- Evaluations and ongoing visits with prescribing providers
- Medication management
- Behavioral therapy
- Licensed therapy

How it works?
Our care model lets Cerebral members easily connect with their care team anytime, anywhere. Each member starts with an assessment which will determine their personalized care pathway. From there, the member will schedule a telehealth appointment with a provider and be assigned a care team to help support all their mental health needs.

Cerebral can diagnose and treat anxiety, depression, insomnia, ADHD, bipolar disorder and more.

Why Choose Cerebral?
- Reduced wait times; most appointments are scheduled with a wait time of 48 hours or less
- Unlimited direct messaging with your care team
- Regular 1-on-1 video visits and phone calls with your care team
- Full access to the Cerebral app, CBT exercises, and more
- Cerebral care is delivered via telehealth and medications are mailed discreetly to your door
- Cerebral is not considered a virtual visit benefit - standard office copays apply.

Visit commercial.cerebral.com/iit for more information and to get started!
Welcome to Cerebral!

What to Expect When Getting Started with Cerebral Guide

What Is Cerebral:
Cerebral offers long-term online mental health care and medication management for a wide range of mental health conditions. Our virtual care model lets Cerebral members easily connect with their care team anytime, anywhere.

How it Works:
Cerebral strives to meet you where you are in your mental health journey. Please begin your registration with the link provided by your employer.

Step 1: Let’s get you registered!

To start off, you will be asked to create an account with Cerebral, and enter a few basic details like; your legal name, date of birth and zip code.

Tip: If you go by Jen but your employer has you listed as Jennifer, enter Jennifer for your first name.

Step 2: What Brings you to Cerebral?

You will start by telling us what you’re looking for. You can choose specific conditions, like Depression or Anxiety, Insomnia, ADHD, or just select “Something Else.” Depending on what you select, you then take a clinically-validated assessment to help your care team understand what symptoms you’re experiencing. This includes just a few questions to help us understand your symptoms and determine your best care plan.
What to Expect When Getting Started with Cerebral Guide

Step 3: Pick your Provider

You will have the ability to pick a Cerebral provider that you feel most comfortable with, including gender, ethnicity, experiences, and more! Our provider base is over 49% diverse.

Step 4: What Time Works Best for You?

After picking the provider of your choice, you will be brought to our scheduling form. Here, you will have the ability to pick a date and time that works best for you & your busy schedule—whether that be early in the morning before work or in the evening while waiting for your dinner to cook. All of our virtual sessions will be held from the comfort of your own home.

Step 5: Access to the Cerebral Portal

With an appointment on the calendar, you will find yourself at the Patient Portal. This is the central hub for managing your treatment plan, messaging with your care team, and completing tasks assigned to you between sessions. You can also engage with Cerebral's digital content, which includes mindfulness exercises, journaling, and Cognitive Behavioral Therapy. Finally, you can review your past assessments and remind yourself of the steps you've taken to improve your mental health.

And there you have it! High-quality mental health care, accessible from your pocket. Please be in contact with any questions throughout your Cerebral journey!