This is an unprecedented time for us all, and I encourage you to take advantage of the EAP and telemedicine benefits available through your CVT membership. To access your EAP benefits, call 877-397-1032, or visit Achieve Solutions | Home.

Whether your concern is big or small, EAP counselors are available 24 hours a day, 7 days a week.

As a reminder, each of our medical plans has a telemedicine resource. Telemedicine is a great alternative to the emergency room or urgent care for non-emergency issues when your primary care physician isn't available.

What CVT Members Can Do:

• Use your CVT benefits as you normally would. Should you require testing for COVID-19, that testing will be provided at no cost to you.

• Continue to use your MyCVT account to access and manage your CVT benefits 24/7/365. MyCVT is a benefit enrollment and eligibility management system that gives members on-demand information about eligibility, benefit enrollment, and document sharing through a single online service between you, your district and CVT. The website is password-protected, secure and confidential. MyCVT

• CVT members can also contact the Member Services Team at (800) 288-9870, Monday-Friday, 8 am to 5 pm.

EMPLOYEE ASSISTANCE PROGRAM (EAP): 1-877-397-1032 Access is easy and there's no cost to you. Go online Achieve Solutions or call the toll-free phone number **1-877-397-1032** any time - 24 hours a day, 365 days a year.

MDLIVE: PPO and HDHP PLAN MEMBERS: MDLIVE® **- 1.888.632.2738 On-demand access to board-certified doctors, licensed therapists, and psychiatrists around-the-clock.** Register here: California's Valued Trust Benefits Employee Health Benefits MDLIVE Healthcare.

Teladoc: Blue Shield of California HMO Members Teladoc - 1.800.835.2362 or Teladoc.com/bsc Teladoc provides subscribers and eligible family members 24/7 access to board-certified doctors by phone or online video. Register here: New to Teladoc?.

Telehealth: Kaiser Permanente Members **Telehealth** - [Benefits of Telehealth Services](#) 1-866-454-8855. For after-hours advice, call 1-888-576-6225

MORE RESOURCES:

Know where to go if you need help or more information.

If you feel you or someone in your household may harm themselves or someone else:

- [National Suicide Prevention Lifeline](#)Toll-free number 1-800-273-TALK (1-800-273-8255)
- The [Online Lifeline Crisis Chat](#) is free and confidential. You'll be connected to a skilled, trained counselor in your area.
- [National Domestic Violence Hotline](#)
  - Call 1-800-799-7233 and TTY 1-800-787-3224

If you are feeling overwhelmed with emotions like sadness, depression, or anxiety:

- [Disaster Distress Helpline](#)
  - Call 1-800-985-5990 or text TalkWithUs to 66746

If you need to find treatment or mental health providers in your area:

- [Substance Abuse and Mental Health Services Administration (SAMHSA) Find Treatment](#)

Mental Health Resources

- [CDC Coronavirus (COVID-19) Stress and Coping](#)
- [American Psychological Association](#)
- [National Alliance on Mental Illness](#)

COVID-19 Resources

- [NIOSH Workplace Safety and Health Topic](#)
- [CDC COVID-19](#)
- CDC INFO: 1-800-CDC-INFO (1-800-232-4636) | TTY: 1-888-232-6348 | Website: [cdc.gov/info](#)

[A Few Resource Apps:](#)

- Headspace, Weathering the Storm is free (at App store). The app provides mindfulness and meditation content in many different languages: https://www.headspace.com/covid-19
- The Virtual Hope Box is a multi-media coping skill app with four main sections: distraction, inspiration, relaxation and coping skills available at the app store.

- The meditation App Balance is free (at the app store) for a year and breaks down meditation into concrete trainable skills.

Additional Resources:

• National Association of School Psychologists https://www.nasponline.org/

• National Child Stress and Traumatic Stress Network https://www.nctsn.org/

• Center for Disease Control https://www.cdc.gov/

• American Psychology Association https://www.apa.org/

• SAMHSA https://www.samhsa.gov./coronavirus