

Mental Health Resources

California Schools JPA

If you feel like this...

Health Plan



Community
MH Resource



Your doctor



Counselor or
Psychologist



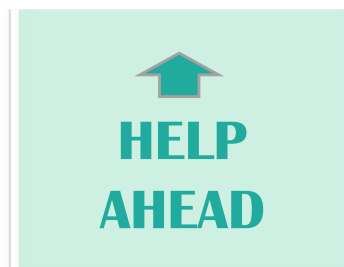
EAP

Many of us face uncertainty,
day-to-day struggles and are
looking for help. Whenever
you're faced with crisis you
may be asking yourself:

- Where do I go?
- Who do I ask?

CSEBA is here to support you

I'm overwhelmed and not sure where to go or how to get help....



CSEBA's Emotional Fitness Resources

We're truly here to help!

You are not alone. CSEBA has easily accessible resources to get you the mental health support you need.

Follow CSEBA Route 101 for a few easy and practical first steps to start your journey...

Your Gateway – Health Advocate



866-799-2728

[Link to portal](#)

CSEBA Route 101

Health Advocate – home base

It's your gateway leading to all your other CSEBA benefit resources and options.

Learn more about Health Advocate here: 

Let's start the journey by deciding if you will want to contact Health Advocate **online** or **over the phone**.

Health Advocate

Health Advocate is a resource to get you through day-to-day challenges, as well as sudden critical events. MyHelp is offered through Health Advocate allowing you to connect with a licensed counselor anywhere, anytime via: text, phone, chat, and video.

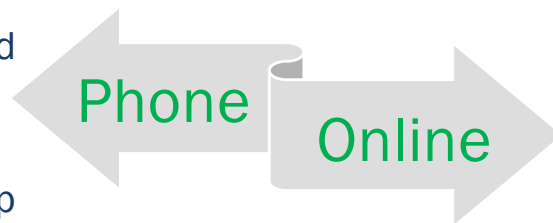
Care Managers will work with you directly to help with personal, family, and life-challenges 24/7. Focus areas include stress, anxiety, depression, family issues, financial, substance use and more.

Privacy First Always

Health Advocate will not track your activity, nor share your information with your employer in order to protect your confidentiality.

Healthy Home Office Hacks

- Establish a daily morning routine
- Set a reminder to move
 - It's too easy to realize you've been sitting or immobile for hours.
- Express gratitude daily and make time to reflect on them weekly
- Prop up your computer for a standing “desk”
- Clean up your work area
- Keep hydrated with a reusable water-bottle handy at all times
- Plan and prioritize workouts and meals



Where to Access?

- [Link to portal](#)
- Call 866.799.2728
- 24/7 Help Hotline
- In-person, telephonic, texting and video counseling

Who is eligible?

- Employee
- Spouse
- Domestic Partner
- Children
- Dependents
- Parents
- Parent-in-laws



Health Advocate

Digital Cognitive Behavioral Therapy Live 7/1/2021

Digital Cognitive Behavioral Therapy (dCBT) is a dynamic, technology-driven approach to CBT that allows members to develop skills and competencies that have a positive impact on your health, wellbeing and productivity.

Features

- Unlimited access to learning modules
- Uses the Depression and Anxiety Stress Scale (DASS) to guide members to appropriate programming
- Games that improve mental acuity and focus
- Learning modules include stress management, social anxiety, worry, trauma, general depression, etc.
- A variety of dynamic self-directed modules to help your emotional fitness and wellbeing

Advantages

- Accessible 24/7 via Health Advocate website and app
- Personalized experience for behavior change
- As effective as face-to-face counseling
- Easy to combine with your other mental health services through Health Advocate EAP

Where to Access?

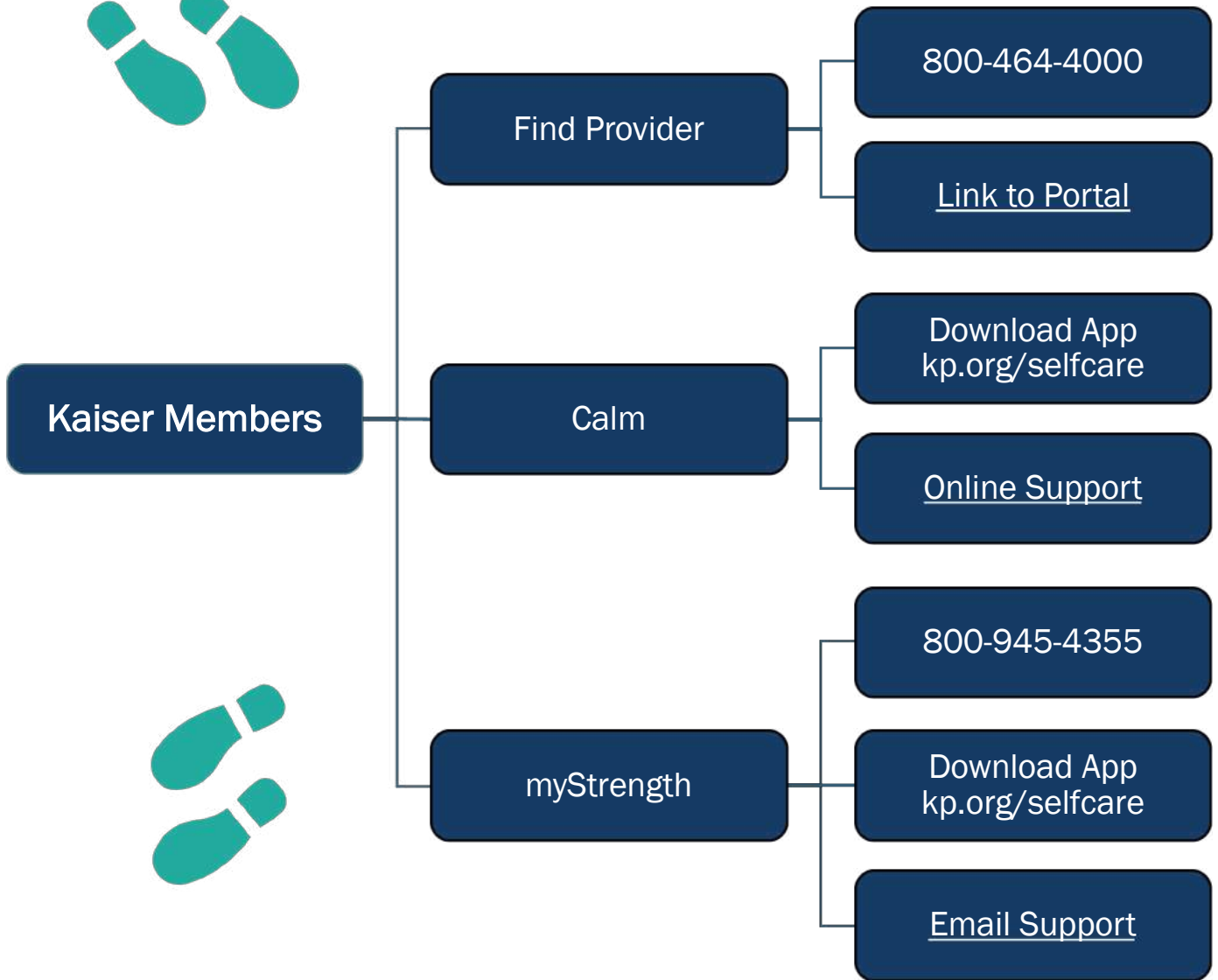
- [Link to portal](#)
- Via Health Advocate app

Who is eligible?

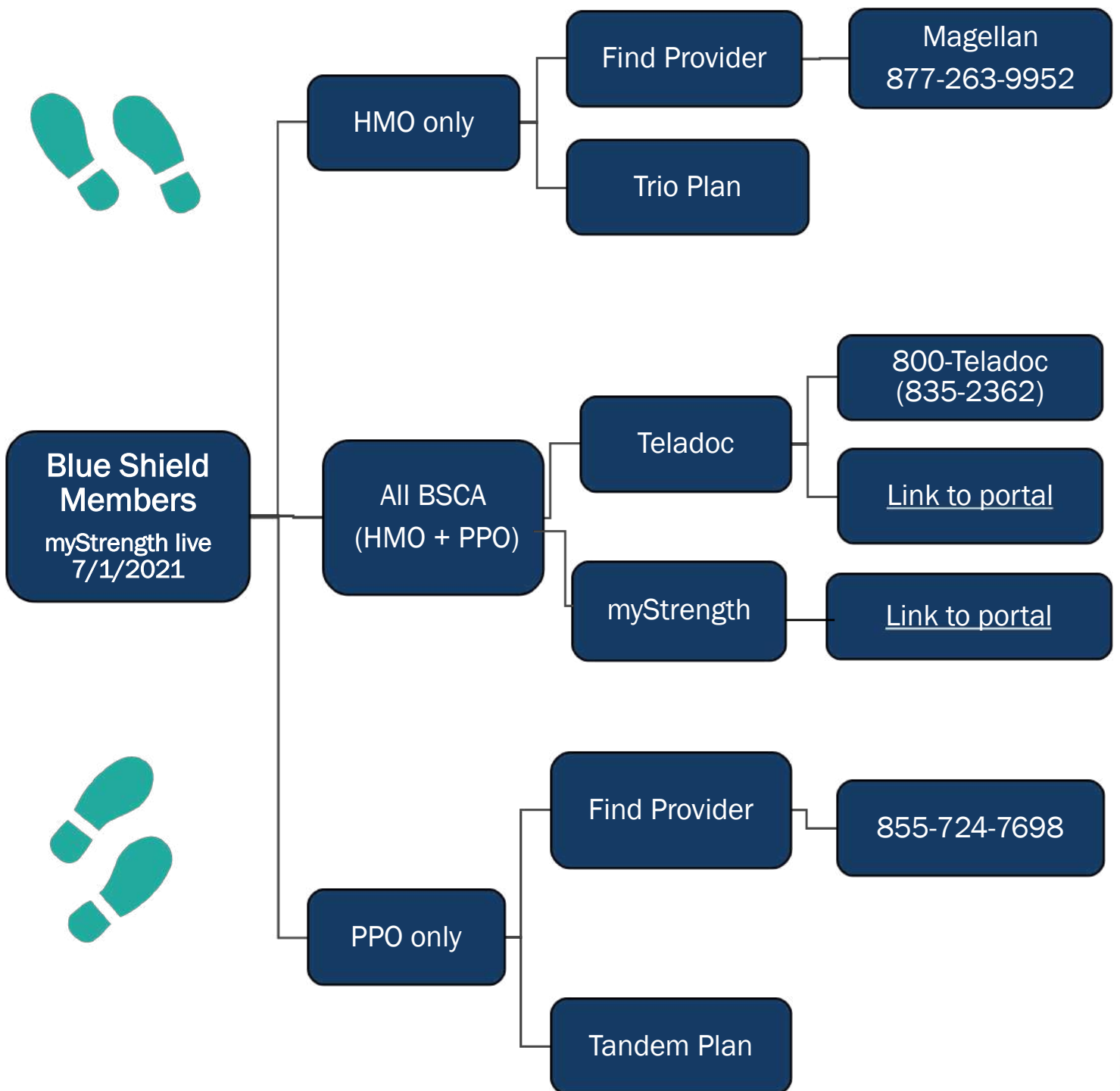
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My CSEBA Benefit Resources



My CSEBA Benefit Resources



Kaiser Permanente

Calm

Kaiser Permanente members are offered Calm at no cost. Calm is the #1 app for meditation and sleep designed to help lower stress, reduce anxiety, and more. The app supports people looking for ways to manage stress and build resilience, particularly in uncertain times.

Members will have unlimited access to Calm content, including an ever-growing library of guided meditations, sleep stories for deeper and better sleep, and video lessons on mindful movement and gentle stretching. Audio content is available in six languages.

myStrength

Kaiser Permanente members are offered myStrength at no cost. myStrength is a personalized program that helps individuals improve awareness and change behaviors. Members can explore interactive activities, in-the-moment coping tools, community support, and more at no cost.

Programs include: mindfulness and meditation activities, tools for setting goals and preferences, tracking current emotional states and ongoing life events, and viewing progress. The topics range from depression, stress, anxiety, and more.



Where to Access?

Calm

- [Online Support](#)
- Download App
kp.org/selfcare

myStrength

- 800-945-4355
- Download App
kp.org/selfcare
- [Email Support](#)

Who is eligible?

- Kaiser Members and dependents



Blue Shield

Teladoc

As a Blue Shield member, you have access to Teladoc's national network of U.S. board-certified physicians. Whenever you need care, Teladoc providers are available 24/7/365 by phone or video.

You can also speak to licensed therapists, psychiatrists, and mental health professionals who can help you manage addiction, depression, stress or anxiety, domestic abuse, grief, and much more.

Teladoc doctors can also treat many common medical conditions including: cold and flu symptoms, allergies, respiratory infections, sinus problems, etc.

How much does it cost?

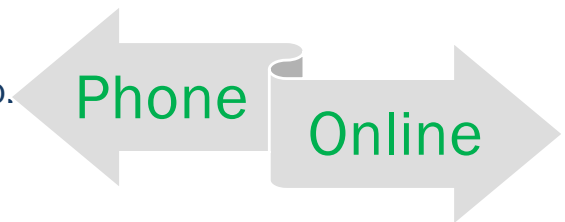
ALL plans cost \$0 for general medical visits and mental health visits during the COVID crisis. When the crisis is lifted, Teladoc will remain free for Trio and Tandem members. There will be a \$5 cost for Access+ and PPO members. For HDHPs, the deductible will have to be met before the \$5 copay.

How do I request an appointment?

Scheduling a phone or video appointment is easy and convenient. For mental health visits, you will need to schedule an appointment. Appointments are available seven days a week 7 am – 9 pm local time. Teladoc confirms mental health appointments within 72 hours.

myStrength

myStrength is now available to all Blue Shield members starting 7/1/2021. This digital platform provides on demand program based in clinical models like cognitive behavioral therapy, acceptance and commitment therapy, positive psychology, mindfulness, and motivational interviewing.



Where to Access?

- [Link to portal](#)
- 1- 800 -TELADOC
- 24/7/365
- Blue Shield Portal

Who is eligible?

- ALL BSCA (HMO + PPO) Members and dependents



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California Schools Employee Benefits Association, CSEBA • www.csjpa.org