

Mental health supports

available to SBCEO employees

*denotes supports also available to SBCEO substitutes



Anthem EAP*

Access free, confidential resources for 24/7 help with emotional, marital, financial, addiction, legal, or stress issues, including new virtual counseling with [talkspace.com](https://www.talkspace.com).

For more information, call 800-999-7222 or visit [anthemEAP.com](https://www.anthemEAP.com).
(Enter "SISC" to log in)



Holman Group EAP*

A confidential Employee Assistance Program with 24/7 support in a wide variety of areas, including work/life balance, legal and financial issues, relationship difficulties, and more.

For more information, call 800-321-2843 or visit [holmangroup.com](https://www.holmangroup.com).
(Username: holmangroup; Password: sbe2630).

MD Live

SISC members: Virtually connect with a primary care physician to manage all your physical and mental healthcare needs - 24/7.

For more information, call 888-632-2738 or visit [mdlive.com/sisc](https://www.mdlive.com/sisc).

VIDA

Get one-on-one health coaching, therapy, chronic condition management, health trackers and other tools and resources.

For more information, call 855-442-5885 or visit [vida.com/sisc](https://www.vida.com/sisc).

Centivo Care

Virtually connect with a primary care physician to manage all your physical and mental healthcare needs.

Visit [centivo.com](https://www.centivo.com) to get started.



Contact Summer Ellis, (Manager, Benefits) for more information on the mental health resources available to SBCEO employees:
sellis@sbceo.org or (805) 964-4710, ext. 2211

