

You Good? Let's Make Sure.

A no-pressure mental health resource for you and your crew...



Whatever you are feeling, you're not alone. This guide makes it
easy to find help, when you need it. Your way. Your Pace.
Just. Keep. Going.

So, What's Inside?

Whether you are dealing with stress, burnout, or just want to be proactive about your mental health - this guide is here to help you figure out just where to start.



Step-By-Step Guidance

Not sure what benefits you have access to? No problem. We'll help you find out and get the right support



Resources By Health Plan

Kaiser or Blue Shield. We've included specific support options based on what applies to you.



Tools, Apps, and Hotlines

From 24/7 mental health support to self-care apps, you didn't even know were free - it's all here.



Support For You + Family

You're not the only one who might need support. We'll show you what's available for your loved ones too!

Keep reading to explore health resources available through your benefits plan!

Kaiser Permanente Members



Visit www.kp.org/mentalhealth or scan the QR code to explore all of Kaiser's resources now



Take a mental health assessment, view online classes, find 24/7 support, or make an appointment [here](#).



Everyone needs support for total health - mind, body and spirit. Wellness apps can help you navigate life's challenges. Get Calm and Headspace free [here](#).



Non-Urgent Appointments call 1-833-579-4848
Need care urgently? Call 1-800-900-3277 24/7

Blue Shield Members



HMO Members - Access+ and TRIO

To find a provider with Magellan:

- Go to magellanassist.com or scan the QR code.
- Click "Find a Provider"
- Under "Choose Your Benefits Plan" select BSC MHSA
- Under "Provider List" select Non-Medicare Provider
- Enter your location, then click search
- Or call 877-263-9952



PPO Members - Full and Tandem

To find a provider with Blue Shield:

- Go to the Blue Shield Website, click [here](#), or scan the QR code.
- Click "Find a Doctor"
- Scroll down to "More Services" and select Mental Health
- Enter your location information
- Enter the specialty you desire
- Click "Search"



You're not just covered.
You're supported.



Members also have access to Teladoc, which provides 24/7 access to a mental health professional by phone, video, or app. Schedule an appointment by visiting blueshieldca.com/teledoc to register or log-in. Appointments are available 7am to 9pm seven days a week. Call 1-800-Teledoc (835-2362).



Blue Shield Members



Get lifestyle-based tools and support to lose weight, treat or prevent diabetes, quit smoking, support mental well-being, lower blood pressure, and more with Wellvolution. Scan the QR code or click [here](#).

Wellvolution

Self-Care Apps

Go to www.wellvolution.com. Log-in with your Blue Shield account information and go to Stress and Sleep Management Programs

Headspace

Learn meditation and mindfulness to reduce stress and boost mood



Headspace Care

Get expert mental health care online, when you need it.



An online platform that offers mental health and resilience resources. CredibleMind provides assessments, topic centers, access to articles, videos, and more. Scan the QR code or click [here](#).

 CredibleMind

Wait.. There's More!

More resources available to Blue Shield and Kaiser Members!

Health Advocate - Your Personal Benefits Concierge: Navigate life with Health Advocate



All employees who are enrolled in a medical plan have access to the Health Advocate Program. This benefit also extends to your eligible dependents, including your in-laws!



866-799-2727




healthadvocate.com/cseba

Registration code:

CSEBAEAP

EAP: Life & Work Support



Eligible employees and their dependents receive **5 FREE** visits per eligible dependent, per issue, per year!

- emotional and physical health
- legal assistance
- relationships and parenting
- financial
- college life / workplace
- mental and behavioral health

Advocacy Program

Access expert help from Health Advocates, coaches, and more for personalized support that fits your life!

- find a doctor
- expert medical opinion
- medical bill resolution
- prescription savings
- and more!

Still unsure where to start? Reach out to your benefits team. You don't have to go it alone.
We've Got You.