

2027



Mental Health Resources

Innovative Education That Inspires Every Student's Unlimited Potential.
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INTRODUCTION

Your Mental Health Resources

Mental health is a positive concept. It encompasses our emotions, our psyche, and our social interactions. Having good mental health is more than the absence of illness. Rather, it's a state of holistic well-being.

If you or a loved one is struggling with a behavioral or mental health condition, you are not alone. These conditions are very common. One in five adults experienced a mental health concern in the past year.

When we are mentally healthy, we can realize our abilities, cope with stress, work productively and contribute to society. As a Covina-Valley Unified School District employee you have multiple resources available to maintain your mental health.

Covina-Valley Unified School District is committed to maintaining the privacy and confidentiality of all employees. Participation in any of the resources available and information provided by the employee will be confidential and will not be disclosed to the District.

The resources outlined in this guide are not emergency response services. In the event of a life threatening emergency, call 9-1-1 or the National Suicide Hotline 1-800-273-8255.

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Health Advocate is a resource paid for and provided by Covina-Valley Unified School District to employees enrolled in a medical plan. Health Advocate can help get you through day-to-day challenges, as well as sudden critical events. Health Advocate is your gateway leading to many of your benefit resources and options. Mental health concerns are rarely isolated, and Health Advocate can help take a 360-degree view and provide the necessary support. You and your family are eligible to receive five counseling sessions per issue, per year and have unlimited telephonic support.

**Health Advocate is available to you and your family,
including your spouse, domestic partner, children,
dependents, parents and parent-in-laws.**

MyHelp

MyHelp is offered through Health Advocate, allowing you to connect with a 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.



Digital Cognitive Behavioral Therapy (dCBT)

Digital Cognitive Behavioral Therapy is a dynamic, technology-driven approach to CBT that allows members to develop skills and competencies that have a positive impact on their health, wellbeing and productivity. dCBT is available through Health Advocate.



Unlimited access to learning modules including stress management, social anxiety, worry, trauma and depression.



Uses the Depression and Anxiety Stress Scale (DASS) to guide members to appropriate programming.



Provides games that improve mental acuity and focus, and a variety of self-directed modules to help your emotional fitness and wellbeing.



Help When You Need It

EASE provides mental health counseling and referrals for work related issues and personal concerns such as health, relationships, family /parenting, stress, grief and loss, emotional issues, use of substances and balancing work and family life.

This benefit is provided by the Los Angeles County Office of Education at no cost to you. We believe these benefits will help employees to mitigate current challenges, add additional protective layers to support and foster resilience and provide additional support through times of crisis.

Five sessions of mental health counseling is available every six months for you and your immediate family members.



Professional counselors who can help with life's challenges.



Mobile crisis response support, crisis counseling and debriefing.



Long-term assistance available by connecting you to specialists, self-care groups and other community services.



All services are available to you and your immediate family members.



Psycho-educational workshops on stress management, anger management, communication, grief and loss.



Referrals for work related issues and personal concerns such as health, family/parenting, financial and stress.



Calming the Chaos of Mental Health Coordination

Care Solace is a mental health care coordination service to help you and your family connect to quality care. This is a great resource for you and your family paid for and provided by Covina-Valley Unified School District..

**A personalized approach to care
helps create healthier environments.**

If you are looking for help with mental health or substance use, Care Solace will quickly and confidentially find available providers matched to your needs..



Connect to providers matched to your needs and find in-person or teletherapy options.



Be matched to your specific needs, including faith-based support, LGTBOI+, sexual violence and trauma.



A multilingual team is available 24/7 /365 to help you understand options, call providers on your behalf and schedule an appointment..



Receive help, regardless of insurance plan: private, Medicare, sliding scale and even no coverage.



Use Care Match, a self-serve website, to find a provider on your own.



Support for the entire school community: students, staff and family members.



Access Care

As a Kaiser Permanente member, you have access to a broad range of mental health and addiction care options. But even if you feel ready to seek out mental health support, it can be difficult to know where to start. So Kaiser makes it easy. You can talk about your concerns with anyone on your care team at any time, and they'll connect you to the support you need. You don't need a referral to access mental health services

Visit kp.org/getcare to explore your care options.

Calm

As a Kaiser member, you have free access to Calm, an award-winning app designed to help you reduce stress and anxiety, sleep better, and recharge your mind. With guided meditations, breathing exercises, sleep stories, and relaxation tools,

Calm gives you easy ways to pause and find balance throughout your day. Whether you need a few mindful minutes between meetings, help winding down at night, or long-term support for building resilience, Calm makes it simple to care for your overall well-being—anytime, anywhere.

Members 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.



Headspace Care

As a Kaiser member, you have free access to Headspace Care for up to 90 days. The Headspace Care app connects you with on-demand emotional support to help you manage everyday challenges like stress, anxiety, low mood, or difficulties at work and in relationships.

With Headspace Care, you can:

- Text with a coach 24/7 — anytime, anywhere
- Set goals and create an action plan tailored to your needs
- Access 200+ interactive activities for skill-building and self-care
- Track your progress with session recaps and ongoing support from your coach

Headspace Care is designed to give you immediate, personalized support so you don't have to navigate challenges alone.



1-800-945-4355
1-800-464-4000

www.kp.org/selfcare
www.kp.org/getcare



Access Care

Blue Shield plans include a wide range of mental health benefits. Whether you need to sleep better, manage anxiety, or get help with addiction, Blue Shield provides counseling, treatment, and programs to help manage your mental health.

Call 1-855-724-7698 to find a provider near you.

Teladoc

As a Blue Shield member, you have access to Teladoc's national network of licensed therapists, psychiatrists and mental health professionals who can help you manage addiction, depression, stress or anxiety, domestic abuse and much more.

Whenever you need care, Teladoc providers are available 24/7 /365 by phone or video. Teladoc is available at no cost to Trio HMO members. HMO Access+ and PPO members have a \$5 copay per session.

Teladoc

CredibleMind

Blue Shield of California members have free access to CredibleMind, an online resource for mental well-being. With CredibleMind, you can take self-assessments on topics like stress, sleep, and mood, and get personalized recommendations to support your mental health. The platform also offers a library of more than 230 topics and thousands of curated resources — including articles, videos, podcasts, and interactive tools — designed to help you build resilience, manage challenges, and support your overall wellness.

How It Works

- Take self-assessments to understand your well-being needs
- Explore personalized recommendations and resources
- Access articles, videos, podcasts, and interactive tools anytime
- Learn strategies to strengthen resilience and improve overall health

Access CredibleMind anytime at blueshieldca.crediblemind.com.



1-800-TELADOC

**www.blueshieldca.com/teladoc
blueshieldca.crediblemind.com**



This Guide provides an overview of some of your benefit plan choices. It is for informational purposes only. It is not intended to be an agreement for continued employment, nor is this guide a legal plan document. If there is a disagreement or an ambiguity between this guide and the official plan documents, the provisions of the plan documents will govern.

In addition, the plans described in this guide are subject to change without notice. Continuation of any benefit plan or coverage is at the company's discretion and in accordance with federal and state laws. If you need additional information or have any questions about the benefits program, please contact the Human Resources Department.

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