CALIFORNIA SCHOOLS EMPLOYEE BENEFITS ASSOCIATION

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.

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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!

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Kaiser Permanente Members

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

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. Get Calm and Headspace free here.

Need more structured support. Meet ADAPT.

Kaiser Permanente offers the ADAPT program (Achieving Depression & Anxiety Patient-Centered Treatment Goals), a virtual, evidence-based program designed to help members experiencing mild to moderate depression or anxiety.

What to expect:

- Quick start - treatment typically begins within a week
- Weekly 30-minute virtual sessions to build skills and momentum
- A care team that may include therapists, pharmacists, and psychiatric support
- Sessions taper over time as you improve, helping you build long-term coping skills

ADAPT focuses on practical tools to help you manage stress, reduce symptoms, and feel more in control day-to-day.

ADAPT Program Call 1-888-937-5748

Non-Urgent Appointments Call 1-833-579-4848

Need care urgently? Call 1-800-900-3277 24/7

KP Customer Service Call 1-800-464-4000

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Blue Shield Members

To find a provider with Blue Shield:

- Go to the Blue Shield CSEBA Microsite Website, click here, or scan the QR code.
- Click "Find a Doctor" in the menu bar.
- You can use the Virtual Assistant tool to find a provider by answering some basic demographic and plan information, or you can search by plan.

Additionally, you can contact Blue Shield Customer Service at (800) 308-9078 for additional assistance.

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).

TELADOC

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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 wwwwellvolution.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

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

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Wait.. There's More!

More resources available to Blue Shield and Kaiser Members!

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

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!

877-240-6863

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

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