

Mental health and wellness resources for members & employers

Member resources

- Personalized treatment plan with ease of access, care and communication with clinical team (e.g. email, phone or video)
- 24-hour mental health support #s (see next slide)
- [Mental health content center](#) on where to access care, self-care assessments and more
- [Health classes](#) and [support groups](#)
*to see health ed classes available in your area, change the region to make it applicable
- [Personalized healthy lifestyle programs](#)
- [Wellness Coaching by Phone](#) for stress and sleep
- [Prescriptions mailed](#) to your door (requires sign-on)
- [Self-care apps](#) for meditation, mindfulness and cognitive behavioral therapy
- [Self-care resources](#) with online programs to help manage depression, reduce stress & improve sleep
- [Find Your Words](#) stigma, resilience and mental health support center

Employer resources

- Onsite mental health & crisis support (use Employer's EAP – if applicable)
- [Virtual & on-site mental health training offerings](#)
- [Taking care of yourself and your employees](#) webinar
- [Psychologically healthy workplace webinar](#) and [scoresheet](#)
- [Workplace mental health insights](#)
 - *Finding Balance* [stress management toolkit](#)
 - *Rest and Revive* [sleep management toolkit](#)
- [First responder](#) resources and updates
- [Find Your Words](#) stigma, resilience and mental health support center

Regional phone numbers for mental health and addiction care

Region	Mental Health	Addiction Medicine
California – Southern	800-900-3277	800-900-3277
California – Northern	800-464-4000	800-464-4000
Colorado	303-471-7700	303-471-7700
Colorado – Southern	866-702-9026	866-702-9026
Georgia	404-365-0966 or 800-611-1811	404-365-0966 or 800-611-1811
Hawaii	808-432-7600 (Oahu) 888-945-7600 (Neighbor Islands)	808-432-7600 (Oahu) 888-945-7600 (Neighbor Islands)
Northwest	855-632-8280	855-632-8280
Maryland, Virginia & Washington DC (MAS)	866-530-8778	866-530-8778
Washington	888-287-2680	888-287-2680