

# Mental Health and Emotional Well-Being Benefits

## EMPLOYEE ASSISTANCE PROGRAM

WE'RE HERE *For You*

**SFHSS EAP Counselors are available for free and confidential counseling and consultation.**

Monday to Friday, 8:00am-5:00pm

Call: (628) 652-4600 or Email: [eap@sfgov.org](mailto:eap@sfgov.org)

[sfhss.org/eap](https://sfhss.org/eap)

### EAP Services Includes:

- Short-term solution-focused counseling
- Consultation and coaching for individuals and leadership
- Critical incident response
- Mediation and conflict resolution
- Workshops and trainings
- Worker's comp bridge-to-care services
- Help navigating mental health and substance abuse benefits

### ComPsych Guidance Consultants Are Available 24/7

EAP Guidance Consultants are available 24/7 for confidential assessment and referral, primarily for personal problems. Your mental health is as important as your physical health.

If you think you need help, call: (628) 652-4600



### Resources for your Mental and Emotional Well-Being

- Over 1000+ resources for topics such as: anxiety, depression, stress, sleep, self-care, and meditation
- Apps, podcasts, videos, articles and books
- Mental and emotional health assessments
- Evidence-based approaches vetted by experts



Take an assessment and get started. Scan the QR Code:



# Health Plan Resources and Benefits

There is no yearly or lifetime dollar limit for essential mental health benefits. Deductibles, co-payments, coinsurance, out-of-pocket limits, number of days or visits covered and any pre-authorization of treatment must be the same for mental health and medical/surgical services.

Visit [sfhss.org/using-your-benefits](https://sfhss.org/using-your-benefits) for more information

		
<p>LifeReferrals 24/7 (800) 985-2405</p> <p>Mental Health and Substance Abuse Services (877) 263-9952</p>	<p>Health Net Behavioral Health (833) 996-2567 Website <a href="https://mhn.com">mhn.com</a></p> <p>Mental Health and Substance Abuse Services: <a href="https://healthnet.com/sfhss">healthnet.com/sfhss</a>, or call the Mental Health Benefits number 833-996-2567 (TTY: 711)</p>	<p>Support Groups and Classes <a href="https://kp.org/mentalhealth">kp.org/mentalhealth</a></p> <p>Telephone/Online coaching (866) 862-4295</p> <p>Mental Health and Substance Abuse Services (800) 464-4000</p>

## Free Mental Health & Emotional Well-Being Apps

<p><b>Wellvolution</b> - Free online platform that provides access to well-being apps.</p> <p><b>Headspace</b> - One-on-one coaching, therapy, and psychiatry services alongside guided meditations, sleep content, and mindfulness tips.</p> <p>Visit <a href="https://wellvolution.com">wellvolution.com</a> to learn more.</p>	<p><b>myStrength</b> - Online app to help you manage stress, anxiety, chronic pain, and more. Track your health, enjoy activities, and become inspired.</p> <p><b>Unwinding by Sharecare</b> - A digital mental well-being program designed to help you better understand how your mind works, reduce stress, and build healthier habits.</p> <p>Visit <a href="https://sfhss.healthnetcalifornia.com/health-wellness/wellness-programs.html">sfhss.healthnetcalifornia.com/health-wellness/wellness-programs.html</a> for more information.</p>	<p><b>Calm</b> - Improve sleep, relaxation, and mindfulness with guided meditations, stories, music, soundscapes and more.</p> <p><b>Headspace</b> - text one-on-one with an emotional support coach anytime, anywhere. Guided meditations, sleep content, and mindfulness tips are also available. Support is just a text message away.</p> <p>Go to: <a href="https://healthy.kaiserpermanente.org/health-wellness">healthy.kaiserpermanente.org/health-wellness</a></p>
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