

Mental Health and Emotional Well-Being Benefits

EMPLOYEE ASSISTANCE PROGRAM

WE'RE HERE *For You*

SFHSS EAP Counselors are available for free and confidential telecounseling and consultation.

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

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

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

EAP Guidance Resource Counselors Are Available 24/7

24/7 assistance with assessments and referrals. Primarily for personal consultations.

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

Visit sfhss.crediblemind.com for more information



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 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 mhn.com</p> <p>Mental Health and Substance Abuse Services : healthnet.com/sfhss, or call the Mental Health Benefits number 833-996-2567 (TTY: 711)</p>	<p>Support Groups and Classes kp.org/mentalhealth</p> <p>Telephone/Online coaching (866) 862-4295</p> <p>Mental Health and Substance Abuse Services (800) 464-4000</p>	<p>24/7 Emotional Support Line (866) 342-6892</p> <p>Mental Health & Substance Abuse Services: (866) 282-0125</p> <p>Telemental Health liveandworkwell.com/ or welcometouhc.com/sfhss</p>

Free Mental Health & Emotional Well-Being Apps

<p>Wellvolution - Free online platform that provides access to well-being apps.</p> <p>Headspace Care - One-on-one coaching, therapy, and psychiatry services alongside guided meditations, sleep content, and mindfulness tips.</p> <p>Visit wellvolution.com to learn more.</p>	<p>myStrength - Online app to help you manage stress, anxiety, chronic pain, and more. Track your health, enjoy activities, and become inspired.</p> <p>Unwinding by Sharecare - 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 sfhss.healthnetcalifornia.com/health-wellness/wellness-programs.html for more information.</p>	<p>Calm - Improve sleep, relaxation, and mindfulness with guided meditations, stories, music, soundscapes and more.</p> <p>myStrength - Online app to help improve your awareness and change behaviors. Get access to tailored programs for managing depression, stress, anxiety and more.</p> <p>Headspace Care - text one-on-one with an emotional support coach anytime, anywhere. Support is just a text message away. Go to: healthy.kaiserpermanente.org/health-wellness</p>	<p>AbleTo - Offers self-care techniques to help manage stress, anxiety, and depression. Access to mood tracking and meditation tools, self-guided journeys, weekly check-ins, and more.</p> <p>Talkspace - Online therapy, get support regularly, safely, and securely from your phone or computer.</p> <p>Visit uhc.com/member-resources/health-care-programs/mental-health-services for more information.</p>
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