

# 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](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

### 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.org/crediblemind](https://sfhss.org/crediblemind) 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](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://www.mhn.com">www.mhn.com</a></p> <p>Mental Health and Substance Abuse Services : <a href="https://www.healthnet.com/sfhss">www.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://www.kp.org/mentalhealth">www.kp.org/mentalhealth</a></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 &amp; Substance Abuse Services: Make an appointment (866) 282-0125</p> <p>Telemental Health <a href="https://www.liveandworkwell.com/">www.liveandworkwell.com/</a> or <a href="https://www.welcometouhc.com/sfhss">www.welcometouhc.com/sfhss</a></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>Ginger</b> - Get expert mental health care online (HMO members access via Wellvolution &amp; PPO members access via Accolade).</p> <p><b>Headspace Care</b> - Learn meditation and mindfulness to reduce stress and boost mood.</p>	<p><b>myStrength</b> - Online and app based tool to help you manage stress, anxiety, chronic pain, and more. Track your health, enjoy activities, and become inspired.</p> <p><b>Unwind</b> - A mental well-being program designed to help you better understand how your mind works, reduce stress, and build healthier habits. Member access via Sharecare online/app platform.</p>	<p><b>Calm</b> - Improve sleep, relaxation, and mindfulness with guided meditations, stories, music, soundscapes and more.</p> <p><b>myStrength</b> - Online and app based tool to help improve your awareness and change behaviors. Get access to tailored programs for managing depression, stress, anxiety and more.</p> <p><b>Ginger</b> - Get support for coping with many common challenges - from stress and low mood to issues with work and more.</p>	<p><b>AbleTo</b> - 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><b>Talkspace</b> - Online therapy, get support regularly, safely, and securely from your phone or computer.</p>
--	---	--	---