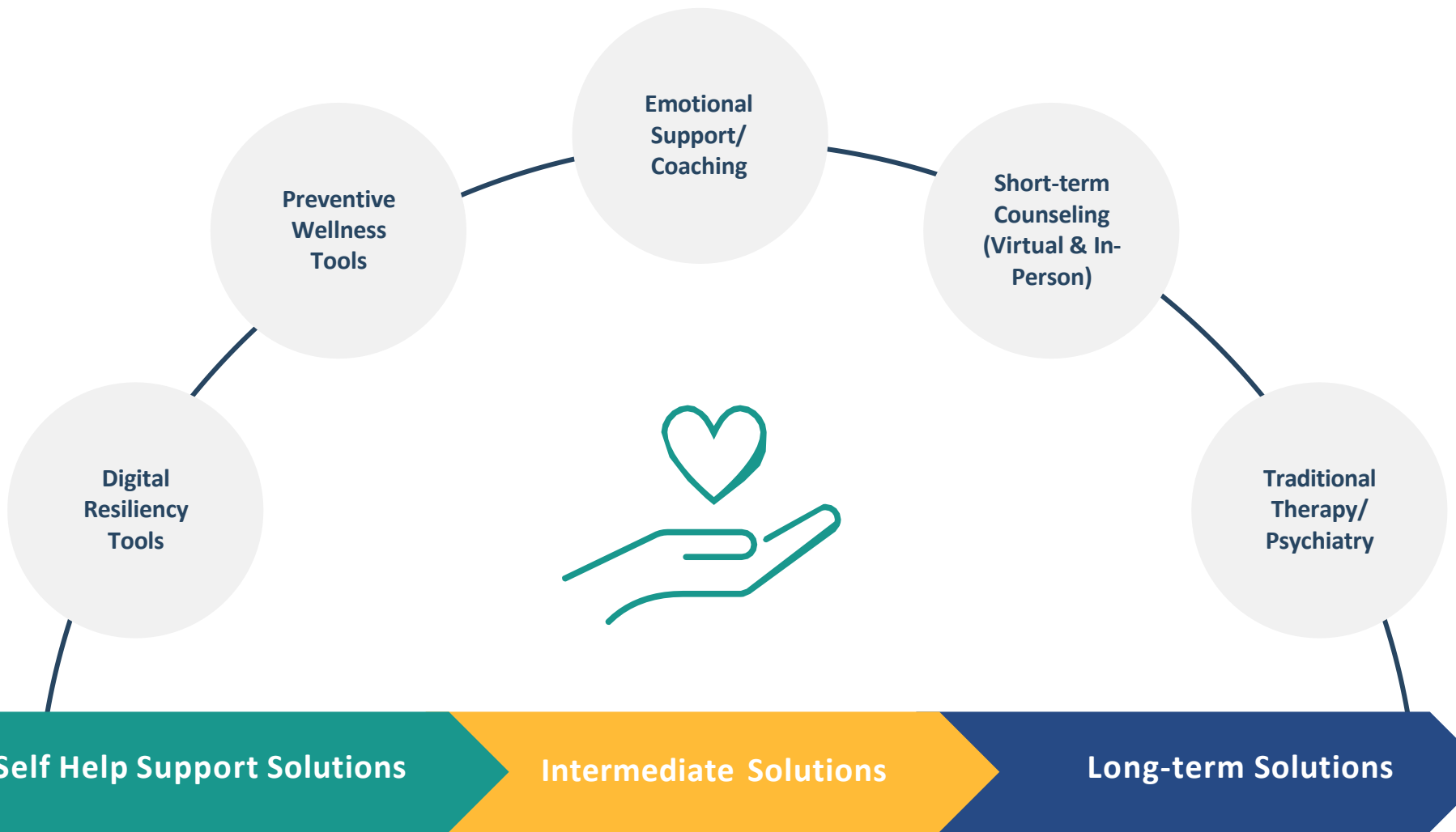


YOUR EMOTIONAL WELLBEING MATTERS



The range of mental health resources encompasses a variety of services and support systems designed to promote mental well-being, treat mental health conditions, and offer assistance to individuals experiencing psychological distress. The resources range from self help solutions to long-term solutions for more serious treatment.



WELLNESS RESOURCES

KAISER

HEALTHNET

ALL EMPLOYEES & DEPENDENTS

Self Help Support Solutions

Digital Resiliency Tools

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| <ul style="list-style-type: none"> • Calm - Sleep & meditation app • Headspace – Sleepcasts, focus playlists, meditation and mindfulness exercises, guided programs for managing stress and improving sleep. | <ul style="list-style-type: none"> • One Minute of Wellness – tips and exercise videos • Teladoc Digital Mental Health program – confidential, personalized resource to improve your mood | <ul style="list-style-type: none"> • eM Life – guided mindfulness app and website. • Online: “Get Services,” enter company code <i>mtnview</i> and click “Self-Help.” • App: download “emLife”, choose “Organization login” and enter <i>concernhealth</i>. Your login is the same as Concern’s digital hub. |
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Preventive Wellness Tools

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| <ul style="list-style-type: none"> • Wellness Support & Health Classes • Centering Pregnancy | <ul style="list-style-type: none"> • Health Net Wellness Webinar Series • RealAge Program – Reach your health goals via the Stress, Nutrition, or Sleep/Activity program. | <ul style="list-style-type: none"> • Work-Life Resources and Referrals – Adult care resources, ID theft, parenting or childcare referrals, legal and financial consultations. Call (800) 344-4222, or visit online and click “Get services” to begin. |
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Intermediate Solutions

Emotional Support & Coaching

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| <ul style="list-style-type: none"> • Headspace – Emotional support and text-based Coaching • Wellness Coaching/ Telephonic Coaching | <ul style="list-style-type: none"> • LGBTQ+ Community Support • Health Coaching – one-on-one coaching via phone | <ul style="list-style-type: none"> • Personal & Parent Coaching – Call (800) 344-4222, or visit online and click “Get services” to begin. |
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Short-term Therapy & Counseling (Virtual & In-Person)

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| <ul style="list-style-type: none"> • Headspace - Video Therapy & Psychiatry | <ul style="list-style-type: none"> • Visit Teladoc Health or call (800) 835-2362 – 24/7 phone/video behavioral health appointments with a licensed professional | <ul style="list-style-type: none"> • Confidential Counseling – in-person, phone, video, text, or chat available. Visit online or call (800) 344-4222. |
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Long-term Solutions

Traditional Therapy & Psychiatry

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| <ul style="list-style-type: none"> • Behavioral Health Management Therapy & Psychiatry | <ul style="list-style-type: none"> • Visit Teladoc Health or call (800) 835-2362 – 24/7 phone/video behavioral health appointments with a licensed professional • Find a Provider or call the number on your ID card |
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