Mental Health Resources

You and your dependents may be dealing with a lot right now, whether it’s isolation, financial uncertainty or even grief due to the loss of a loved one. Given the challenges brought on by the coronavirus pandemic, it’s understandable if you’re having trouble managing the ups and downs of your day-to-day life. Check out these resources and services available through the County to help you and your dependents cope during these difficult times in the areas where you need it the most.

**Talkspace**

**TALKSPACE – 24/7 Access**

Available only to medically enrolled employees and their dependents

- Unlimited asynchronous text based therapy at no cost
- Personalized matching with a therapist to fit your needs and preferences
- One 30 minute live chat per month
- Unlimited video messaging

**Website:** talkspace.com/slo

Enter “San Luis Obispo” when prompted for organization name

**Anthem**

**ANTHEM EAP – 24/7 Access**

Available to all County Staff

- Offers a wide range of support services and resources you can access online, by phone or in person – at no cost to all employees and their spouse and/or dependents
- You can address issues like balancing personal life and work, grief and loss, parenting, managing legal and financial matters, and more
- 5 free and confidential therapy sessions per year with a local provider or with LiveHealth Online
- Access to myStrength an online “health club for your mind”

**Website:** Anthemeap.com

Enter “PRISM” when prompted for company name

**Phone:** 833-954-1067

**LiveHealth Online**

**LIVEHEALTH ONLINE – 24/7 Access**

Available only to medically enrolled employees and their dependents

- Video visits with an in-network psychologist or therapist
- $15 - $20 Copays
- Your Anthem medical coverage also includes in-person Mental Health services (4 – 8 weeks wait time)

**Website:** livehealthonline.com

- In-person provider: www.anthem.com/ca/ms/prism/home.html
- Psychology: https://livehealthonline.com/psychology/
- Psychiatry: https://livehealthonline.com/psychiatry/
- Chat Therapy: https://livehealthonline.com/chat-therapy/