



Mental Health Resources

Life is a rollercoaster of highs and lows, and you and your dependents may be dealing with some understandable challenges. In the midst of these experiences, mental health resources serve as sturdy anchors that offer guidance, support and tools to navigate demanding circumstances. Below are resources and services offered by the County.



ACCOLADE CARE

Available for medically enrolled employees and their dependents.

- Accolade Care provides virtual clinical therapy, coaching, and support
- All copays are waived
- Appointments available with a therapist within 5-7 business days
- Accolade Care team can facilitate referral to Blue Shield or Headspace providers for psychiatry when needed

Website: member.accolade.com

Phone: (866) 406-1275



ANTHEM EAP

Available to all County employees and their dependents.

- 5 free and confidential therapy sessions per year with a local provider or virtually via LiveHealth Online
- EAP provides resources on work-life balance, grief and loss, parenting, managing legal and financial matters, and more
- Legal consultation & identity theft protection through EAP web portal
- 24/7 Access

Website: anthemeap.com (company code 'PRISM') **Phone:** (833) 954-1067



HEADSPACE

Available for medically enrolled employees and their dependents age 13+.

- Headspace services include coaching, therapy, psychiatric services, and a mindfulness app. Care is tailored to each individual member
- All copays are waived
- Appointments available with a therapist within 5-10 business days
- Team Support 5 AM to 7 PM, 7 days a week. Care Support 5 AM to 5 PM weekdays, 8 AM to 5 PM weekends

Website: headspace.com

Email: help@headspace.com

Enroll: <https://work.headspace.com/slo/member-enroll>



Available for medically enrolled employees and their dependents.

- Video appointments with an in-network psychologist or therapist
- \$20-\$35 Copays
- Appointments are available daily from 7 AM to 9 PM
- First visits with psychiatrists (new evaluations) are scheduled for 45 minutes while follow-ups for medication management typically last 15 minutes
- 24/7 Access

Website: teladochealth.com

Email: help@teladochealth.com