



# 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
- Copays are waived for all health plans except HDHP (contact Accolade for HDHP pricing)
- Appointments with a therapist, available within 5-7 business days
- Accolade Care team can facilitate referral to Blue Shield for psychiatry when needed

**Website:** [member.accolade.com](https://member.accolade.com)

**Phone:** (866) 406-1275



## ANTHEM EAP

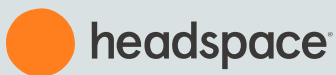
Available to all County employees and their dependents.

- 5 free, 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](https://anthemeap.com)

**Phone:** (833) 954-1067

**Company Code:** PRISM



## HEADSPACE

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

- Headspace services include coaching, therapy, psychiatry, and a mindfulness app. Treatment plans are tailored to each individual member
- All copays are waived
- Clinical therapy appointments available within 5 business days
- Psychiatry appointments available within 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

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

**Employee ID Format:** 000012345



Available for medically enrolled employees and their dependents.

- Video appointments with an in-network mental health providers
- Copay based on your specific health plan (\$20-\$35\*)
- Appointments are available daily from 7 AM to 9 PM
- First visit with a psychiatrist (new evaluations) is scheduled for 45 minutes while follow-ups for medication management typically last 15 minutes
- 24/7 Access

\*HDHP 2025 pricing: Psychologist: \$94, Psychiatrist (Initial \$210, Recurring \$109)

**Access through [BlueShield Web Portal](#) or App**