Mental health and wellness resources for employers

- **Virtual** and on-site mental health training offerings
- **Burnout** and additional mental wellbeing webinars
- **Psychologically healthy workplace webinar** and **scoresheet**
- *On-site education** **health classes**
- *Virtual meetings** **backgrounds**

- **Mental health and addiction care overview**
- **Workforce mental health insights**
  - Finding Balance **stress management toolkit**
  - Rest and Revive **sleep management toolkit**
- **Mental health in the workplace** center and articles (including for first responders)

*Available in Spanish*
Mental health and wellness resources for members

- *Mental health content center* with information about accessing care and more
- *Addiction care content center* with information about accessing care and more
- *Depression, stress, alcohol, drug, and predict teen use* assessments for early intervention
- *Health classes and support groups*
- *Personalized healthy lifestyle programs*
- *Wellness coaching by Phone* for stress and sleep
- *Most prescriptions mailed* to your door (requires sign-on)
- *Self-care apps* for meditation, mindfulness and cognitive behavioral therapy
- *Self-care resources* to help manage depression, reduce stress, improve sleep, and more
- *Find Your Words* resilience and community mental health support resources

*Available in Spanish*
### Where to call for mental health and addiction medicine support

<table>
<thead>
<tr>
<th>Region</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern California (Oregon)</td>
<td>1-800-464-4000</td>
</tr>
<tr>
<td>Washington</td>
<td>1-888-287-2680</td>
</tr>
<tr>
<td>Colorado</td>
<td>303-471-7700</td>
</tr>
<tr>
<td>Georgia (Southern Colorado)</td>
<td>1-800-611-1811</td>
</tr>
<tr>
<td>Southern California (Oahu)</td>
<td>808-432-7600</td>
</tr>
<tr>
<td>Northwest</td>
<td>1-855-632-8280</td>
</tr>
<tr>
<td>Hawaii (Neighbor Islands)</td>
<td>1-888-945-7600</td>
</tr>
<tr>
<td>Mid-Atlantic (Maryland)</td>
<td>1-866-530-8778</td>
</tr>
</tbody>
</table>