



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



Northern California

1-800-464-4000



Washington

1-888-287-2680



Colorado

303-471-7700
1-866-702-9026
(Southern Colorado)



Georgia

404-365-0966
1-800-611-1811



Southern California

1-833-574-2273



Northwest
(Oregon and
SW Washington)

1-855-632-8280



Hawaii

808-432-7600 (Oahu)
1-888-945-7600
(Neighbor Islands)



Mid-Atlantic
(Maryland, Virginia,
and Washington, D.C.)

1-866-530-8778