



# MENTAL HEALTH

GUIDE

for you

AND YOUR FAMILY...



# Kaiser Members

Kaiser can support you on your mental health journey, no matter where you are. They offer guidance to help you understand your options and link you with the necessary resources to help you move forward. Access resources in the following ways:



**Web:**

[Click HERE for the KP Mental Health Services](#)  
or go to [kp.org/mentalhealth](https://kp.org/mentalhealth)



**Phone:**

Non-Urgent Appointments, call 1-833-KP-WITH-U or  
1-833-579-4848.

Need care urgently? For 24/7 crisis intervention and  
urgent mental health advice, please call 1-800-900-3277  
(TTY 711).



**Apps:**

Get all Self-Care Apps at no additional cost. Sign in to  
[kp.org](https://kp.org) before making an account. After signing in to  
[kp.org](https://kp.org), Kaiser members can set up an account.

**Calm**



**Headspace**



**MyStrength**





# Blue Shield Members

Access mental health network providers for help with anxiety, depression, addiction, and related issues. They offer comprehensive care, including outpatient, inpatient, and residential treatment options. Here are some ways to access these resources.

## How to Find a Provider in your Blue Shield Network

### HMO

#### Access + and Trio Members

Find a mental health provider by visiting [MHSA Network](#)

- Under “Choose your Benefit Plan” select “BSC MHSA”
- Under “Choose a Provider List” select “Non-Medicare Provider”
- Enter your location details and any other information that is important to you. Then, select “Search”

### PPO

#### Full and Tandem Members

Find a mental health provider by visiting:

- [PPO Find a doctor](#) or [Tandem PPO Find a Doctor](#)
- select “mental health”
- enter your location details
- select specialty and click “Search”

---

## Teledoc

Teledoc provides 24/7 access to a mental health professional by phone, video or app! To schedule an appointment, visit [blueshieldca.com/teledoc](https://blueshieldca.com/teledoc) to register or log in and answer a few questions about your needs. Then, request an appointment. Appointments are available 7a.m. to 9p.m. local time, seven days a week. Call 1-800-Teledoc (835-2362).





Wellvolution

# Blue Shield Members

Get lifestyle-based tools and support to lose weight, treat diabetes, support mental health, and more. Clinically proven programs, designed for you - at no cost to eligible Blue Shield of CA members.



Lose Weight



Treat Diabetes



Prevent Diabetes



Quit Smoking



Support Mental Well-being



Lower Blood Pressure

## SELF-CARE APPS



Headspace:  
Meditation and Sleep Made Simple



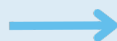
Headspace Care  
On demand mental health care support day or night

## HOW TO GET STARTED

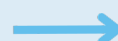
Visit  
WELLVOLUTION.COM



Create an account by clicking [here](#)!



Select Your Program!



Become a healthier you!



# Wait, There's MORE!

All employees who are enrolled in a medical plan, and their eligible dependents, have access to the Health Advocate Program.

**Call:** 866.799.2727

**Web:** [healthadvocate.com/cseba](http://healthadvocate.com/cseba)

**Registration Code:** CSEBAEAP



**Find a Doctor**

**Health Reminders**

**Expert Medical Opinion**

**Prescription Savings**

**Medical Bill Resolution**

**Support for Mental Health**



**EAP:  
LIFE  
&  
WORK**

**Emotional and Physical Health**

**Legal**

**Relationships and Parenting**

**Financial**

**College Life / Workplace**

**Disaster Preparedness**

*Wow!*  
5 FREE VISITS FOR  
EVERY ELIGIBLE  
DEPENDENT, PER  
ISSUE, PER YEAR!



## Advocacy Program

Access expert help from Personal Health Advocates, coaches and more for personalized support