



# 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

# 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