



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