



# WELLNESS RESOURCES

## for County employees

THE COUNTY HAS SEVERAL EMOTIONAL AND MENTAL HEALTH RESOURCES AVAILABLE TO ALL EMPLOYEES AND THEIR FAMILY MEMBERS.

### Counseling

#### EMPLOYEE ASSISTANCE PROGRAM

*Free and confidential*

County employees and a dependent can attend up to three virtual or in-person sessions every six months, completely free of charge. To schedule a confidential counseling session, call (213) 738-4200.

#### EMPLOYEE WELLBEING LINE

*Front line staff support*

The Wellbeing Line offers real time, confidential and anonymous emotional support geared to the County's front-line staff, healthcare workers, and emergency responders. Available 7 days a week, 11 a.m. - 7 p.m. at (833) 307-0509.

#### LIFE ASSISTANCE PROGRAM

*24-hour crisis intervention*

The Life Assistance Program (LAP), offered by Cigna Behavioral Health, provides 24-hour crisis intervention and counseling services free of charge to all County employees and their families. Call (800) 538-3543 for more information.

#### DISASTER DISTRESS HOTLINE

*Disaster/tragedy helpline*

This helpline, sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), provides immediate counseling for people affected by any disaster or tragedy. Call (800) 985-5990 to connect with a trained professional.

#### NATIONAL SUICIDE PREVENTION LIFELINE

*24-hour confidential support*

The Lifeline provides 24-hour, toll-free, and confidential support to anyone in suicidal crisis or emotional distress. Call (800) 273-TALK (8255) to connect with a trained counselor at a crisis center in your area. Support is available in English and Spanish and via live chat.

#### VETERANS CRISIS LINE

*Free and confidential*

This helpline is a free, confidential resource for Veterans of all ages and circumstances. Call (800) 273-8255, press "1"; text 838255; or chat online at [www.veteranscrisisline.net](http://www.veteranscrisisline.net) to connect with 24/7 support.

#### CRISIS TEXT LINE

*Free and confidential*

Text "HOME" to 741-741 for free and confidential support 24/7 throughout the U.S.

### Resources

#### WELLBEING4LA

*Anytime video sessions*

The DMH + UCLA Public Partnership for Wellbeing offers videos focused on strategies to support and sustain your wellbeing while you work. Topics include: Strategies for Maintaining Wellbeing, Mindful Self-Compassion, and more. <https://learn.wellbeing4la.org/topic?k=supportyou>



#### HEADSPACE

*Wellness on the go*

All County Employees have free access to the mindfulness and meditation app Headspace. <https://work.headspace.com/lacdmh/join>

#### KP.ORG/SELFCARENOW

*Recorded resources*

Contains written and recorded resources for: managing stress, sleeping better, nurturing healthy relationships, and practicing self-compassion

Kaiser members may also access the Calm app for meditation and sleep resources at [kp.org/selfcareapps](http://kp.org/selfcareapps).



#### COUNTY HEALTH INSURANCE PLANS

Kaiser-Permanente Mental Health and Wellness Services (800) 900-3277. For Cigna, United Healthcare, and Anthem Blue Cross, call the number on your insurance card.