



WELLNESS RESOURCES

for County employees

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

Counseling

LOS ANGELES COUNTY'S EMPLOYEE ASSISTANCE PROGRAM (EAP)

Free and confidential

County employees and a dependent can attend up to three free virtual sessions every six months. To schedule a confidential counseling session, call (213) 433-7202.

CIGNA'S LIFE ASSISTANCE PROGRAM

Free, anonymous, and confidential

The Life Assistance Program (LAP), offered by Cigna Behavioral Health, provides 24/7 EAP counseling services and 24/7 crisis intervention free of charge to all County employees and their families regardless of what insurance plan they are enrolled in. 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 toll-free, 24/7 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. Call (800) 273-8255, press "1"; text 838255; or chat online at www.veteranscrisisline.net to connect with 24/7 support.*

DEPARTMENT OF MENTAL HEALTH'S (DMH) ACCESS CENTER

24/7 services

The ACCESS Center, as part of DMH's Help Line, operates 24/7 as the entry point for mental health services in Los Angeles County. Call (800) 854-7771 or visit <https://dmh.lacounty.gov/our-services/disaster-services/access-hotline/>.

*Phone/text fees apply unless otherwise noted.

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>.



iPrevail

Customized support

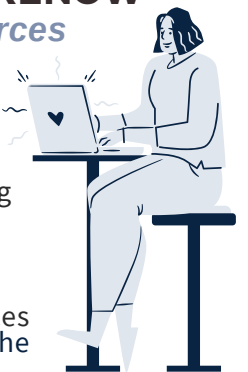
DMH, in partnership with iPrevail, offers LA community members free access to a customized support program through self-guided lessons, one-on-one chats, and support groups. Visit <https://lacounty.iprevail.com> for more.

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 or at the Apple or Google App stores.



COUNTY HEALTH INSURANCE PLANS

Kaiser-Permanente members can access mental health and wellness services at (800) 900-3277. For Cigna, United Healthcare, and Anthem Blue Cross, call the number on your insurance card.