



# 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 four free virtual sessions every six months. To schedule a confidential counseling session, call (213) 433-7202 or email [EAP@hr.lacounty.gov](mailto:EAP@hr.lacounty.gov).

#### LIFE ASSISTANCE PROGRAM

*Free, anonymous, and confidential*

The Life Assistance Program (LAP), offered by New York Life Behavioral Health, provides 24/7 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 988 or (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](http://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.

#### Headspace

*Wellness on the go*

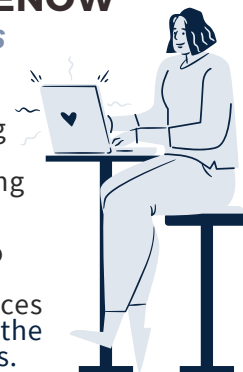
All County employees have free access to the mindfulness and meditation app Headspace. <https://work.headspace.com/lacdmh/join>.

#### 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) or at the Apple or Google App stores.



#### COUNTY HEALTH INSURANCE PLANS

[Kaiser-Permanente](http://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.