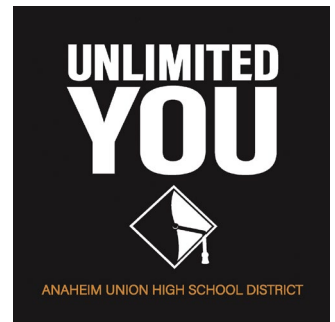




# AUHSD

EMPLOYEE HEALTH  
BENEFITS GUIDE TO



# Mental Health & Wellbeing Resources

Anthem 								
	Your Medical Network			Employee Assistance Program (EAP)				
	EPO/PPO Medical Network	LiveHealth <sup>®</sup> ONLINE	Rula	Employee Assistance Program (EAP)	 learntolive	talkspace	 Headway	 headspace
Available to all Employees	Anthem Members Only	Anthem Members Only	Anthem Members Only	✓	✓	✓	✓	✓
24/7 Support	--	✓	--	✓	--	--	--	--
Employee Cost Share	✓	✓	✓	--	--	--	--	--
Text Coaching/Therapy Capabilities	--	--	--	✓	✓	✓	--	--
Virtual Therapy Visits	--	✓	✓	✓	--	✓	✓	--
Virtual Psychiatry Visits	--	✓	✓	✓	--	--	--	--
In-person Therapy Option	✓	--	--	✓	--	--	✓	--
Crisis Support	--	--	--	✓	--	--	--	--

Even though the road ahead isn't always clear, you don't have to travel it alone.

At **AUHSD** we have developed partnerships to support the mental health and overall wellbeing of you and your loved ones. Since there are many options to choose from, we've created this brochure as a guide to help you navigate your choices.

## Anthem's EPO/PPO Network



### Virtual or In-Person

For behavioral health providers, or for behavioral health facilities, you can:

[www.anthem.com/ca/find-care](http://www.anthem.com/ca/find-care)



Call the Member Services phone number on your Anthem insurance ID card



Search using **Find Care**, on the Anthem website or the Anthem Sydney mobile app



Connect through **live chat** on the Anthem Sydney mobile app

### Live Health Online

Your EPO or PPO medical plans allows access to therapy or medication management services through private and confidential video calls.

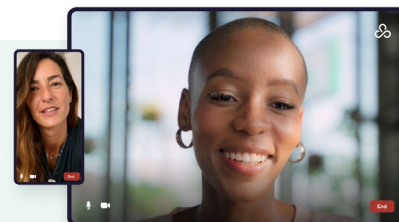
- » Sign up or login.
- » Select your therapist or psychiatrist.
- » Check availability and choose the time that works best for you.

**LiveHealth**  
O N L I N E

[www.livehealthonline.com](http://www.livehealthonline.com)



Through Rula, AUHSD members can book a virtual therapy appointment with an in-network provider in less than 3 minutes and meet with their therapist in as little as 48 hours. Rula has a network of over 9,000 licensed providers representing more than 80 clinical specialties and a diverse range of backgrounds, making it easy to match with someone that specializes in you. Get started by visiting [rula.com/AUHSD](http://rula.com/AUHSD).



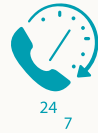
[www.rula.com/auhsd](http://www.rula.com/auhsd)

# Anthem's EAP Emotional Well-being FREE RESOURCES

## Employee Assistance Program (EAP)

Your EAP helps you address challenges ranging from finding care to dealing with legal issues, help with child/eldercare resources, financial consultations and more.

[www.anthemeap.com/auhsd](http://www.anthemeap.com/auhsd)



Over-the-phone crisis support by an Anthem licensed counselor is **available 24/7** - this does not count as part of your EAP counseling benefit. **Call 800-999-7222.**



Up to **3 free therapy sessions** per issue with an EAP licensed counselor – in-person or telehealth options.

## Learn to Live

Emotional Well-Being Resources can help you identify the thoughts and behavior patterns that affect your emotional well-being — and work through them with online programs and personalized coaching.

[www.anthemeap.com/auhsd](http://www.anthemeap.com/auhsd)



You'll learn effective ways to manage stress, depression, anxiety, sleep issues, and more.

 **learntolive**

## Talkspace

With Talkspace, you can regularly send text, audio, and video messages to a dedicated licensed therapist anytime, anywhere for ages 13+. Live sessions via chat, audio and video are also available. Talkspace is confidential and secure.

[www.anthemeap.com/auhsd/connect-with-a-counselor](http://www.anthemeap.com/auhsd/connect-with-a-counselor)

 **talkspace**

## Headway

Whether you're looking for a mental health care provider or aren't sure where to start, Headway can help you find the right fit. As part of your benefits, you have access to a wide range of Headway therapists in your EAP network who can get you the support you need. Headway offers:

» Access in person or virtual care with a wide network of quality care providers

To get started, scan the **QR code** or go to **anthemeap.com/auhsd**. Select Find a Counselor and select the Headway tile.



[www.anthemeap.com/auhsd](http://www.anthemeap.com/auhsd)

 **Headway**

## Live Health Online through EAP

Call EAP 24/7 (**800-999-7222**) and request a coupon code to access your no-cost therapy sessions. Use that coupon code each time you log in for your appointments until you have exhausted your EAP benefit.

[www.livehealthonline.com](http://www.livehealthonline.com)

 **LiveHealth**<sup>®</sup>  
O N L I N E



## Suicide and Crisis Lifeline



**Dial 988:** The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones. 24/7 chat is available at [988lifeline.org](https://www.988lifeline.org).

[www.988lifeline.org](https://www.988lifeline.org)

## Critical event support



If you or someone you are concerned about have been impacted by a critical event, **call your 24/7, toll-free EAP number, 800-999-7222**. Licensed clinicians are available 24/7 for over-the-phone support.

## Headspace for Educators

Through evidence-based meditation and mindfulness tools, mental health coaching, therapy, psychiatry, Headspace helps you create life-changing habits to support your mental health and find a healthier, happier you.

[work.headspace.com/educators-ca/member-enroll](https://work.headspace.com/educators-ca/member-enroll)

