EMPLOYEE SELF-CARE AWARENESS

Work-Life Balance Services

MHN provides confidential work-life balance services that can help with life's challenges and is paid for by the City.

EAP offers six face-to-face or phone sessions per incident with licensed professionals who help with:

- Problems in the workplace
- Stress, anxiety, and sadness
- Grief, loss, or response to traumatic events
- Marriage, family, and relationship issues
- Financial and legal services
- Concerns about your use of alcohol or drug abuse

Anyone who resides in the employee's home is eligible for services.

MHN is available 24 hours a day, 7 days a week by calling (888) 426-0025 (TTY users dial 711) or visiting MHN.advantageengagement.com.
Company Code: LBBeWell

741741 Crisis Text Line

The Crisis Text Line is available 24 hours a day, seven days a week and provides support to anyone in any type of crisis. Common crises include addiction, anxiety, bullying, depression, eating disorders, self-harm, and suicide. To receive help from a Crisis Counselor, follow these steps:

- **Text HELLO to 741741** from anywhere in the US
- Respond to two (2) automated prompts and connect with a live, trained Crisis Counselor in under 5 minutes
- Share what you feel comfortable sharing through text messages in a judgement-free space

The goal of the interaction is to find calmness. The Crisis Counselor may provide you with additional resources for you to check out. The conversation ends once you and the Crisis Counselor feel you have reached a safe place.

Anthem Blue Cross LiveHealth Online Psychiatry

LiveHealth Online Psychiatry allows Anthem HMO and PPO members over the age of 18 to see a board-certified psychiatrist. Doctors will learn about your mental health history and help you manage your prescribed medications.

The appointments are conveniently scheduled based on your availability, including evening and weekend hours, and are facilitated via video call. The cost of the appointment will be displayed before your visit begins.

Schedule an appointment through the LiveHealth Online Mobile App or online at livehealthonline.com. Appointments can be made at time most convenient for you.

Co-pay: $20

Anthem Blue Cross LiveHealth Online Psychology

LiveHealth Online Psychology is provided to Anthem HMO and PPO members and gives you an opportunity to speak with a psychologist or licensed therapist. If you or a dependent are having trouble coping on your own and need support, help is available for:

- Stress, anxiety, or panic attacks
- Depression or grief
- Relationship or family issues

Visits are conducted through a video call on your smart phone or computer and last about 45 minutes.

Schedule an appointment through the LiveHealth Online Mobile App or online at livehealthonline.com. Chat therapy with a licensed health care provider is available as well.

Co-pay: $20

CITY OF LONG BEACH