



# MENTAL HEALTH & WELLNESS RESOURCES

for Stanford Health Care employees

Let's make every day a better, brighter day! Stanford Health Care offers resources and programs to help each of us rally our own inner strength – and to get the support we need, when we need it. The resources listed here are completely confidential and many are free of charge. Access them all from the HealthySteps site at [shc.healthysteps4u.org/mental-health-substance-use/mental-health-resources](http://shc.healthysteps4u.org/mental-health-substance-use/mental-health-resources).

## Programs for All Employees

Benefit	Where to Start	About the Program
<b>Beacon EAP</b>	1.855.281.1601 <a href="http://achievesolutions.net/shclpch">achievesolutions.net/shclpch</a>	Assistance with stress management, strengthening relationships, work/life balance, grief, loss and more. Employees can receive up to ten (10) EAP sessions per issue, per year, at no charge.
<b>CafeWell</b>	<a href="mailto:healthysteps@stanfordhealthcare.org">healthysteps@stanfordhealthcare.org</a> <a href="http://wellness.healthysteps4u.org">wellness.healthysteps4u.org</a> Tech support: 1.888.774.6680	Connecting users with personalized resources and incentives, and help them take actions towards achieving their goals in total wellbeing and physical, emotional and financial health.
<b>Stanford Faculty Help Center</b>	1.650.723.4577 <a href="mailto:helpcenter@lists.stanford.edu">helpcenter@lists.stanford.edu</a>	Offering a variety of services for the Stanford community including confidential counseling, workshops, discussion groups, and facilitated conversations.
<b>Headspace</b>	<a href="http://healthyliving.stanford.edu">healthyliving.stanford.edu</a>	Meditation made simple, teaching users skills of meditation and mindfulness in just a few minutes a day. SHC employees can use their educational assistance funds to offset the cost of the program.
<b>Pause a Moment (PAM)</b>	<a href="http://pam.stanford.edu">pam.stanford.edu</a>	Free web-based well-being platform for medical staff. PAM provides personalized recommendations and tools for burnout, stress, anxiety, trauma and depression symptoms.
<b>Kurbo</b>	<a href="http://kurbo.com/shc">kurbo.com/shc</a>	Coaching program that helps teens and kids build healthier habits for life.
<b>Omada</b>	<a href="http://omadahealth.com/healthysteps">omadahealth.com/healthysteps</a>	Personalized to help members reach their health goals—whether that's losing weight, lowering blood pressure, or staying on top of type 2 diabetes.
<b>Bright Horizons</b>	<a href="http://www.backup.brighthorizons.com">www.backup.brighthorizons.com</a> 1.877.242.2737	Back-up care for children and elders (Elective at an additional cost).

## Programs for Employees on Aetna Plans (POS II and SHCA)

Benefit	Where to Start	About the Program
<b>Meru</b>	<a href="http://www.meruhealth.com/shc-lpch">www.meruhealth.com/shc-lpch</a>	Therapy for symptoms of anxiety, depression and burnout. 12-week virtual program and 8-week coaching program.
<b>AbleTo</b>	1.844.330.3648	Access to highly-trained virtual health services and licensed professional therapists utilizing short-term treatment in just 8-weeks.
<b>ArrayAtHome</b>	<a href="http://arraybc.com/patients">arraybc.com/patients</a> 1.800.442.8938	Televideo Behavioral Health services. Ages 5 and up.
<b>MDLive</b>	<a href="http://mdlnext.mdlive.com/behavioral-health">mdlnext.mdlive.com/behavioral-health</a> 1.855.824.2170	Televideo Behavioral Health services. Ages 10 and up.
<b>Teladoc Mental Health</b>	<a href="http://www.teladoc.com/aetna">www.teladoc.com/aetna</a> 1.855.835.2362	Televideo Behavioral Health services. Ages 13 and up.
<b>Aetna's Behavioral Health Network</b>	1.800.424.4047	Aetna's Behavioral Health Network Line is open 24/7. Aetna provides answers in crisis or connections to inpatient or outpatient care.
<b>MindCheck</b>	<a href="http://www.mindchecktoday.com">www.mindchecktoday.com</a>	Online tools to improve your emotional wellbeing. Measure your mindset and get resources to maintain a positive outlook.

## Programs for Employees on SHCA Only

Benefit	Where to Start	About the Program
<b>Pacific Anxiety Group</b>	<a href="http://www.pacificanxietygroup.com">www.pacificanxietygroup.com</a> 1.650.762.8352	Expertise in the treatment of anxiety, stress, and depression in both adults and children.
<b>Penninsula Behavioral Health</b>	<a href="http://www.penbh.com">www.penbh.com</a> 1.650.308.9215	Evidence-based treatment suited to your unique characteristics, cultures, and preferences. All ages.
<b>Portola Wellness</b>	<a href="http://www.portolawellness.com/">www.portolawellness.com/</a> 1.650.469.1360	Offers a wide range of services, including psychotherapy, medication management, and combined treatment strategies. All ages.

## Programs for Employees on Kaiser Plans

Benefit	Where to Start	About the Program
<b>Get Care Advice 24/7</b>	Northern CA: (800) 464-4000 Southern CA: (800) 900-3277	Direct access to 24/7 telephone crisis intervention and crisis services, where mental health providers are available to perform assessments and arrange for immediate care.
<b>Wellness Coaching</b>	<a href="http://kp.org/coaching">kp.org/coaching</a> 1.866.862.4295	Wellness coaches can help members get started, overcome obstacles, and achieve your goals — including reducing stress, quitting smoking, and more.
<b>Take a Class</b>	<a href="http://kp.org/classes">kp.org/classes</a>	Choose from health classes and support groups located at Kaiser facilities.
<b>Calm Mobile App</b>	<a href="http://kp.org/selfcareapps">kp.org/selfcareapps</a>	A meditation and sleep app that is designed to help manage stress, reduce anxiety, and provides personalized meditation, relaxation, and mindfulness resources.
<b>myStrength Mobile App</b>	<a href="http://kp.org/selfcareapps">kp.org/selfcareapps</a>	Behavioral and emotional health digital wellbeing tool aimed to improve awareness and help us adapt to life. Members can access a variety of wellness topics or work on guided programs at their own pace.
<b>Self-Care Resources</b>	<a href="http://kp.org/health-wellness">kp.org/health-wellness</a>	Programs include nutrition counseling, substance use and alcohol dependency counseling, stress reduction, fitness, smoking cessation, and injury prevention. Members can also take assessments and share the results with their doctors.

UPDATED FEBRUARY 2022