MENTAL HEALTH RESOURCES

Your mental health is every bit as important as your physical health. As a Fullerton Joint Union High School District employee, we encourage you to take advantage of the mental health resources available to you through our benefits program.

Anthem Employee Assistance Plan (EAP)

All SISC Members: You have available to you a wide array of free, confidential resources for 24/7 help with healthy living, relationships, stress, depression, finances, legal issues, substance abuse, and much more! The EAP includes up to six sessions of counseling per issue, which can be obtained from a licensed counselor in the EAP network.

You can also access your counseling benefit virtually through **Talkspace** (which also includes unlimited text, voice, and video messaging).

The EAP includes **Learn to Live,** giving you access to free, customized online programs based on proven principals of Cognitive Behavioral Therapy (CBT) to manage stress, depression, anxiety, substance use and sleep issues.

For more information on the EAP, call 800-999-7222 or visit anthemEAP.com. To access Talkspace, go to talkspace.com/associatecare. (Enter "SISC" to log in for both the EAP and Talkspace.)

Anthem EAP

Talkspace

MDLive

All Anthem Members: You have 24/7 virtual access to physicians and mental health professionals for your physical and mental healthcare needs.

For more information, call 888-632-2738 or visit mdlive.com/sisc.

Vida Therapy and Health Coaching

All Anthem Members: Get one-on-one health coaching, therapy, chronic condition management, health trackers and other tools and resources.

To learn more, call 855-442-5885 or visit vida.com/sisc.

Eden Health

Anthem PPO Members: You have the option to virtually connect with a primary care physician and care team to manage all your physical and mental healthcare needs.

Go to edenhealth.com/sisc to learn more.

Questions? Reach out to Benefits, Business Services at (714) 870-2930