

SMART LOCAL 105 BEHAVIORAL HEALTH RESOURCES

CONTACT INFORMATION

INDIVIDUAL HEALTH PLANS

ANTHEM:

- www.anthem.com
 - Must visit website for access to resources for Integrated Health Care
 - Behavioral Health Resources (Mental Health) 1-866-621-0554
 - Assessment Tools (Addiction) 1-800-828-3939
 - Suicide Awareness (Crisis Connection)
 - Access to facilities contracted under Anthem Blue Cross Health

KAISER PERMANENTE:

- www.kp.org/mentalhealthservices - www.kp.org/wellnessresources - www.kp.org/addiction
 - Apps for a Healthy State of Mind (Calm and Headspace)
 - Access to Wellness Guides, Support and Resources
 - Tools and Resources
 - Online Self-Assessments
 - Mental Health Crisis Team: CALL: 1-800-900-3277 (24/7 Access)
 - Specialty Care: CALL: 1-833-59-4848 (Mental Health, No Referral Needed)
 - Connect to care: CALL: 1-833-574-2273 (24/7 Advice and Make an appointment)
 - Connect to care: Message your care team through the KP Website

UNITED HEALTHCARE:

- www.myuhc.com/mh-recommendations or call the number on your card
 - Employee Assistance program (EAP) 1-888-887-4114 (24/ Access)
 - In-the-moment phone support or to schedule in-person counseling with a master-level EAP specialist

OPTUM:

- www.optum.com
 - Must visit website for access to resources care and support for your emotional wellbeing
 - Explore Benefits
 - Crisis Support (Call or Text 988, 24/7 Access)
 - Suicide Prevention (Call or Text 988, 24/7 Access)
 - Addiction Support

HEALTH NET:

- www.healthnet.com → Members Tab → Behavioral Health
 - Mental Health or Addiction support call the number on your ID card or call 888-426-0030

AVAILABLE TO ALL PARTICIPANTS, SEPARATE FROM INDIVIDUAL HEALTH PLANS

BEAT-IT EAP:

- www.beatiteap.com
 - Client Hotline 1-800-828-3939

SMOHIT:

- www.smohit.org
 - SMOHIT Helpline 877-884-6227 (24/7 Access)
 - National Suicide Prevention Lifeline: Call 988
 - Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline 800-662-(HELP) 4357