



# Mental Health Resources

## Acentra Health - Our Employee Assistance Program Partner

- Get four, free, confidential counseling sessions per issue. Available to all members in your household.
- Learn more by visiting the [USG Well-being website](#).

## Live Events

Find USG Well-being webinars on mental health and emotional well-being on the [USG Well-being Events](#) website.

## ANTHEM MEMBERS

### Behavioral Health Resource Center

Get support for managing emotional health issues you and your family may face. Call 844-792-5141 to access support 24/7

### LiveHealth Online

Schedule a virtual appointment with a psychiatrist or a psychologist. Get started on [LiveHealth Online for psychology](#) or [LiveHealth Online for psychiatry](#).

### Emotional Well-being Resources

Utilize digital tools to develop resilience, reduce stress and practice mindfulness. Access via [Anthem.com](#) or the Sydney app.

## KAISER PERMANENTE MEMBERS

### Mental Health Team

Visit the Kaiser Permanente [mental health website](#) to learn more about phone coaching, virtual care, a 24/7 nurse line and online classes. Call 404-365-0966 to access the 24/7 nurse line.

### Well-being Apps

- [myStrength](#) - Set mental health goals; track progress; and get support managing depression, anxiety, and more.
- [Calm](#) - Use meditation and mindfulness to build mental resilience, reduce stress, and improve sleep.
- [HeadSpace Care](#) - Get emotional support coaching via text.

