



# Mental Health Resources

## Kepro - Our Employee Assistance Program Partner

- Get four, free, confidential counseling sessions per issue.
- 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.

## USG Well-being Coaching, Provided Through Virgin Pulse\*

- Make a plan for your personal well-being journey by scheduling an appointment for [free phone coaching](#).
- Take advantage of Virgin Pulse's self-guided, digital coaching experience, called Journeys, under the Health tab on the Virgin Pulse app.

*\* For employees enrolled in either the Anthem or Kaiser healthcare plan*

## ANTHEM MEMBERS

### Accolade - Personal Health Assistant

- Speak to a clinician to get matched with a customized mental health program.
- [Connect](#) online or call 1-866-204-9818 to access the 24/7 nurse line.

### LiveHealth Online

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

## 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](#)
- [Calm](#)

