You’re an important part of the University System of Georgia.

Let us give you a hand with your mental health through:

**Kepro – Our Employee Assistance Program Partner**
- Get four free, confidential counseling sessions per issue.
- Learn more by visiting the [USG Well-being website](#), by calling 1-844-243-4440 or going directly to Kepro’s [website](#).
- Our company code is USGcares.

**Anthem Enrolled Employees and Their Families**

**Accolade – Personal Health Assistant**
- Employees enrolled in Anthem healthcare plans can speak with a clinician to get matched with a mental health program that is customized to their needs.
- Connect with Accolade to get resources, or call 1-866-204-9818 for either a 24/7 nurse line or a standard call, Monday through Friday, 8 a.m. to 11 p.m. ET.

**LiveHealth Online**
- Psychiatrists and psychologists are available for virtual visits.
- Psychiatrists have the ability to write prescriptions to treat mental health conditions.
- Schedule an appointment from a mobile device or computer.
- Get started on [LiveHealth Online for psychology](#) or [LiveHealth Online for psychiatry](#).

**Kaiser Permanente Enrolled Employees and Their Families**

**Kaiser Permanente’s Mental Health Team**
- Employees enrolled in Kaiser Permanente healthcare plans can visit the [Kaiser Permanente mental health](#) website to learn more about phone coaching, virtual care, a 24/7 nurse line and online classes.
- To reach the nurse line, call 404-365-0966.
- Virtual visits are at no cost to you through 2021.

**Well-being Apps through Kaiser Permanente**
- [myStrength](#)
- [Calm](#)

**USG Well-being Coaching, Provided Through Virgin Pulse**
- Get support through phone coaching. To schedule an appointment, log into your well-being account on [Our Well-being](#) or go under the Health tab on the Virgin Pulse app.
- On the Health tab, you can also take advantage of Virgin Pulse’s digital coaching experience, called Journeys. These daily, self-guided courses help you build healthy habits across a number of areas.

**Wednesday Virtual Workshops**
- Find USG Well-being webinars on mental health and emotional well-being on the [USG Well-being events website](#).