



# Mental Health Resources

## Acentra Health

Our Employee Assistance Program Partner

- Get up to 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 by Anthem and Kaiser Permanente

Enhance your personal well-being journey by scheduling an appointment for telephonic and virtual coaching with your healthcare provider

### ANTHEM MEMBERS

Total Health, Total You

- Speak to a licensed health professional to get confidential support. Call 1-800-424-8950 to speak with a Health Advocate.
- Connect [online](#) or through the Sydney App.

### 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](#) - 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.

