

WELLNESS RESOURCES

for County employees

THE COUNTY HAS SEVERAL EMOTIONAL AND MENTAL HEALTH RESOURCES AVAILABLE TO ALL EMPLOYEES AND THEIR FAMILY MEMBERS.

Counseling

EMPLOYEE ASSISTANCE PROGRAM

Free and confidential

County employees and a dependent can attend up to three virtual or in-person sessions every six months, completely free of charge. To schedule a confidential counseling session, call (213) 738-4200.

LIFE ASSISTANCE PROGRAM

24-hour crisis intervention

The Life Assistance Program (LAP), offered by Cigna Behavioral Health, provides 24-hour crisis intervention and counseling services free of charge to all County employees and their families. Call (800) 538-3543 for more information.

DISASTER DISTRESS HOTLINE

Disaster/tragedy helpline

This helpline, sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), provides immediate counseling for people affected by any disaster or tragedy. Call (800) 985-5990 to connect with a trained professional.

NATIONAL SUICIDE PREVENTION LIFELINE

24-hour confidential support

The Lifeline provides 24-hour, toll-free, and confidential support to anyone in suicidal crisis or emotional distress. Call (800) 273-TALK (8255) to connect with a trained counselor at a crisis center in your area. Support is available in English and Spanish and via live chat.

VETERANS CRISIS LINE

Free and confidential

This helpline is a free, confidential resource for Veterans of all ages and circumstances. Call (800) 273-8255, press "1"; text 838255; or chat online at www.veteranscrisisline.net to connect with 24/7 support.

CRISIS TEXT LINE

Free and confidential

Text "HOME" to 741-741 for free and confidential support 24/7 throughout the U.S.

COUNTY HEALTH INSURANCE PLANS

Kaiser-Permanente Mental Health and Wellness Services (800) 900-3277. For Cigna, United Healthcare, and Anthem Blue Cross, call the number on your insurance card.

Resources

WELLBEING4LA

Anytime video sessions

The DMH + UCLA Public Partnership for Wellbeing offers videos focused on strategies to support and sustain your wellbeing while you work. Topics include: Strategies for Maintaining Wellbeing, Mindful Self-Compassion, and more. <https://learn.wellbeing4la.org/topic?k=supportyou>



iPrevail

Customized support

DMH, in partnership with iPrevail, offers LA community members free access to a customized support program through self-guided lessons, one-on-one chats, and support groups. Visit <https://lacounty.iprevail.com> for more.

KP.ORG/SELFCARENOW

Recorded resources

Contains written and recorded resources for: managing stress, sleeping better, nurturing healthy relationships, and practicing self-compassion

Kaiser members may also access the Calm app for meditation and sleep resources at kp.org/selfcareapps.

