




Sodexo Resources

| Resource | Eligibility | Contact | Services available | |
|--|---|---|---|--|
| <p>Life Resources</p>  | <p>All non-union employees and their immediate family members</p> | <p>Life Resources 888-491-5344</p> <p>liferesources.us.sodexonet.com group code: sodexo</p> | <p>Employee Support</p> <ul style="list-style-type: none"> • 24/7/365 confidential, professional support for mental health and work-life balance concerns • 8 free counseling sessions per issue, per year • Referral guidance on legal support, elder care, childcare, and financial services | <p>Manager Support</p> <p>Support for work performance issues and Critical Incident Reporting. Learn more.</p> <p>Critical Incidents: Request support by calling. Learn more.</p> <p>Training Request: Managers can request an overview of the Life Resources program or a specific training. Learn more.</p> |
| <p>Aetna</p>  | <p>Aetna health plan members</p> | <p>Aetna 833-383-2650 Aetna.com</p> <p>AbleTo Ableto.com/aetna</p> <p>Teladoc teladoc.com/aetna</p> <p>Talkspace talkspace.com/coverage/insurance/aetna</p> | <p>Virtual Support</p> <p>AbleTo: Personal, virtual therapy and coaching support using an eight-week program.</p> <p>Teladoc: Seven days a week, on-demand counseling from certified psychologists and therapists.</p> <p>Talkspace: Therapy with a personally-matched provider via live video, phone call, chat or text messaging.</p> | <p>In-Person Support</p> <ul style="list-style-type: none"> • Individual therapy • Medication therapy • Group therapy |
| <p>Kaiser Permanente HMO</p>  | <p>Kaiser members in CA, CO, GA, HI, Mid-Atlantic (MD, DC, VA)</p> <p>Eligibility is based on home ZIP code</p> | <p>Call the phone number on the back of ID card</p> <p>kp.org/mentalhealth</p> | <p>Virtual Support</p> <p>Headspace Care app: Text with your emotional support coach anytime, anywhere at no cost for 90 days per year.</p> <p>Calm app: The number one app for sleep, meditation and relaxation available at no cost.</p> | <p>In-Person Support</p> <ul style="list-style-type: none"> • Individual therapy • Medication therapy • Group therapy • Health classes |

National Resources

| Resource | Contact | Services available |
|---|--|--|
| <p>The National Suicide Prevention Lifeline</p>  | <p>Call or text 988 English: 800-273-TALK (8255) Spanish: 888-628-9454</p> | <p>Free 24/7 access to mental health support and crisis intervention</p> |
| <p>Mental Health America</p>  | <p>mhanational.org</p> | <p>Free mental health resources and self-help tools</p> |
| <p>Substance Abuse and Mental Health Services Administration (SAMHSA)</p>  | <p>800-662-HELP (4357)</p> | <p>Free, confidential, 24/7/365 treatment referral and information service</p> |
| <p>7Cups</p>  | <p>7cups.com</p> | <p>Free emotional support to individuals who may be struggling with mental health issues (available in 32 languages)</p> |
| <p>Warmlines</p>  | <p>Warmline.org</p> | <p>Talk to a Peer Specialist for free who can offer hope, strength and knowledge gained from their own personal experiences living with mental health issues</p> |
| <p>Findhelp</p>  | <p>Findhelp.org</p> | <p>Find free or reduced-cost resources like food, housing, financial assistance and more in your home ZIP code</p> |