



CALIFORNIA SCHOOLS EMPLOYEE BENEFITS ASSOCIATION

Mental Health Resources

Balanced - Family, caring, trustworthy, transparent

California Schools JPA

About Us

CSEBA from California Schools JPA has been serving school employees for over 35 years. CSEBA is one of two, not-for-profit schools insurance JPAs that comprise California Schools JPA, providing employee benefits to nearly 50 school districts throughout Southern California. With our member leadership – comprised of one labor and one management representative from each member district—as well as our responsive, expert staff, our district members know they can count on us as a partner to provide exceptional medical, dental, vision, life, and trauma benefits along with ancillary services such as Employee Assistance Programs, wellness programs, and Advocacy programs.

About this Resource Guide

When school personnel have personal struggles, we make it our mission to help them access the mental and physical health care that they so desperately need. That is why we are providing this Mental Health Resource Guide to you. Mental health has been a priority to CSEBA for years, and with the particularly difficult year we have all collectively had, we want to make sure you are aware of all the ways you, your coworkers, and your dependents can access mental health care services currently available to you. We will update this resource as new information becomes available and the latest version will always be available at www.csjpa.org.

If you feel like this...

Health Plan



Community
MH Resource



Your doctor



Counselor or
Psychologist



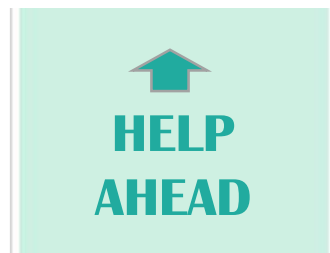
EAP

Many of us face uncertainty, day-to-day struggles and are looking for help. Whenever you're faced with crisis you may be asking yourself:

- Where do I go?
- Who do I ask?

CSEBA is here to support you

I'm overwhelmed and not sure where to go or how to get help...



CSEBA's Emotional Fitness Resources

We're truly here to help!

You are not alone. CSEBA has easily accessible resources to get you the mental health support you need.

Follow CSEBA Route 101 for a few easy and practical first steps to start your journey...

Your Gateway – Health Advocate



+1.866.799.2728

[Link to portal](#)

CSEBA Route 101

Health Advocate – home base

It's your gateway leading to all of your other CSEBA benefit resources and options.

Learn more about Health Advocate here: 

Let's start the journey by deciding if you will want to contact Health Advocate **online** or **over the phone**.

Health Advocate

Health Advocate is a resource to get you through day to day challenges, as well as sudden critical events. MyHelp is offered through Health Advocate allowing you to connect with a licensed counselor anywhere, anytime via: text, phone, chat, and video.

Care Managers will work with you directly to help with personal, family, and life-challenges 24/7. Focus areas include stress, anxiety, depression, family issues, financial, substance use and more.

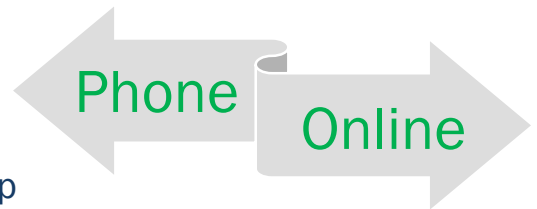
Privacy First Always

Health Advocate will not track your activity, nor share your information with your employer in order to protect your confidentiality.



Healthy Home Office Hacks

- Establish a daily morning routine
- Set a reminder to move
 - It's too easy to realize you've been sitting or immobile for hours
- Express gratitude daily and make time to reflect on them weekly
- Prop up your computer for a standing “desk”
- Clean up your work area
- Keep hydrated with a reusable water-bottle handy at all times
- Plan and prioritize workouts and meals



Where to Access?

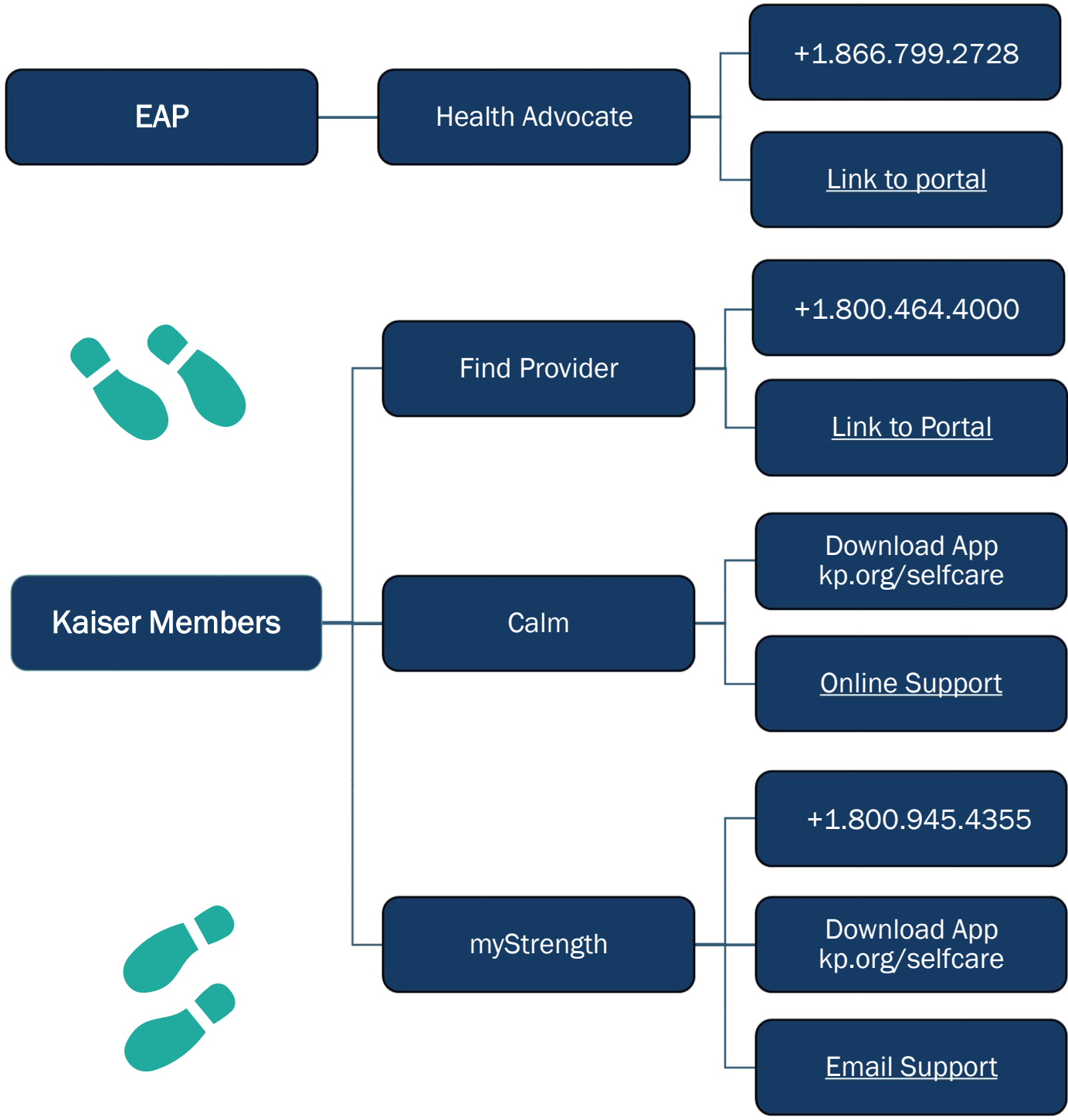
- [Link to portal](#)
- Call +1866.799.2728
- 24/7 Help Hotline
- In-person, telephonic, texting and video counseling

Who is eligible?

- Employee
- Spouse
- Domestic Partner
- Children
- Dependents
- Parents
- Parent-in-law

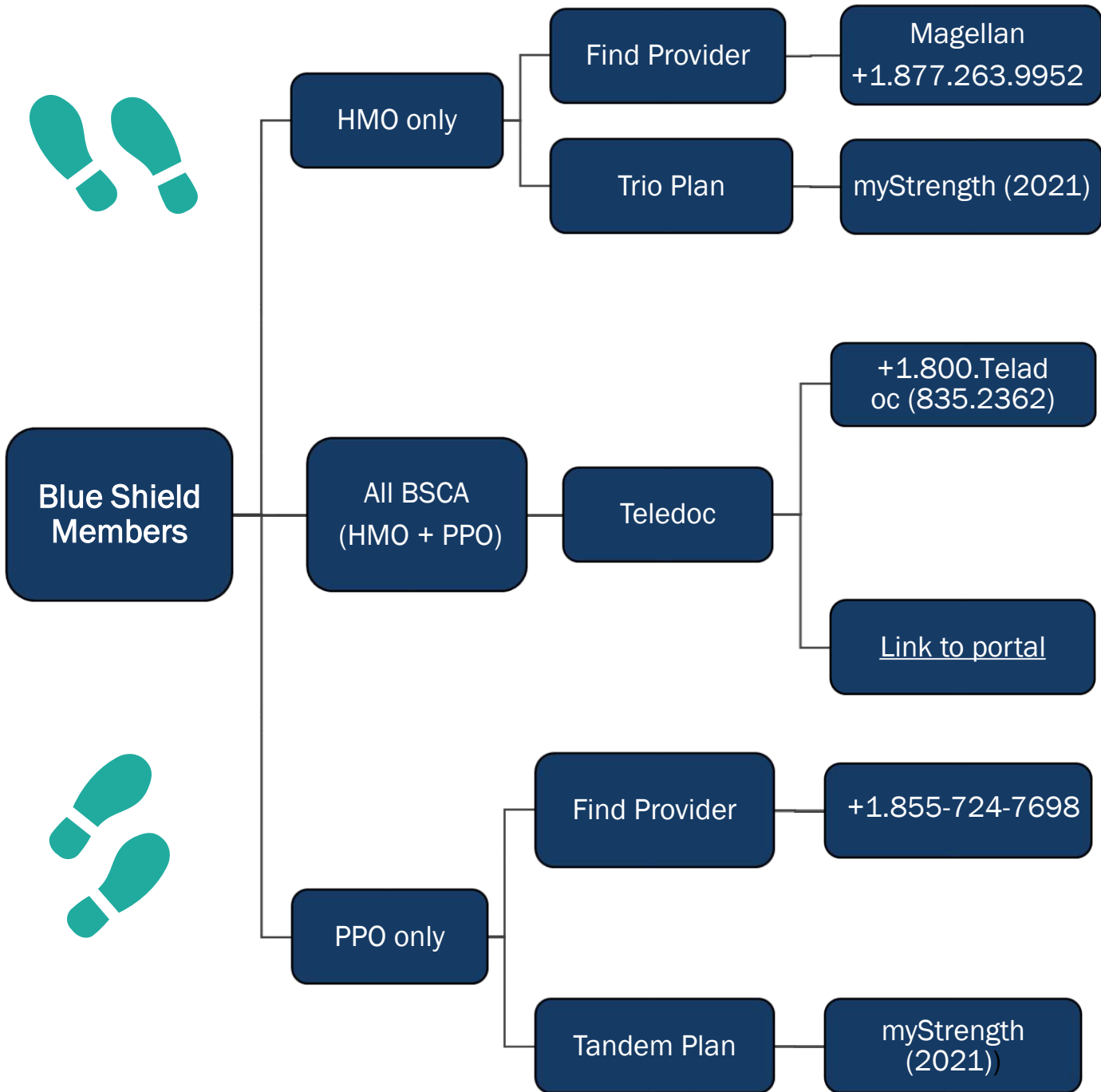


My CSEBA Benefit Resources



Note: All sources are referenced at the end of this document.

My CSEBA Benefit Resources



Note: All sources are referenced at the end of this document.

Blue Shield - Teladoc

Teladoc

As a Blue Shield member, you have access to Teladoc's national network of U.S. board-certified physicians. Whenever you need care, Teladoc providers are available 24/7/365 by phone or video.

You can also speak to licensed therapists, psychiatrists, and mental health professionals who can help you manage addiction, depression, stress or anxiety, domestic abuse, grief, and much more.

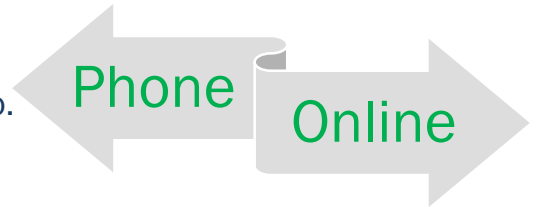
Teladoc doctors can also treat many common medical conditions, including cold and flu symptoms, allergies, respiratory infections, sinus problems, etc.

How much does it cost?

ALL plans cost \$0 for general medical visits and mental health visits during the COVID crisis. When the crisis is lifted, Teladoc will remain free for Trio and Tandem members. There will be a \$5 cost for Access+ and PPO members. For HDHPs, the deductible will have to be met before the \$5 copay.

How do I request an appointment?

Scheduling a phone or video appointment is easy and convenient. For mental health visits, you will need to schedule an appointment. Appointments are available seven days a week 7 a.m.–9 p.m. local time. Teladoc confirms mental health appointments within 72 hours.



Where to Access?

- [Link to portal](#)
- +1.800 -TELADOC
- 24/7/365

Who is eligible?

- ALL BSCA (HMO + PPO) Members and dependents



Kaiser Permanente

Calm

Kaiser Permanente members are offered Calm at no cost. Calm is the #1 app for meditation and sleep designed to help lower stress, reduce anxiety, and more. The app supports people looking for ways to manage stress and build resilience, particularly in uncertain times.

Members will have unlimited access to Calm content, including an ever-growing library of guided meditations, sleep stories for deeper and better sleep, and video lessons on mindful movement and gentle stretching. Audio content is available in six languages.

myStrength

Kaiser Permanente members are offered myStrength at no cost. myStrength is a personalized program that helps individuals improve awareness and change behaviors. Members can explore interactive activities, in-the-moment coping tools, community support, and more at no cost.

Programs include: mindfulness and meditation activities, tools for setting goals and preferences, tracking current emotional states and ongoing life events, and viewing progress. The topics range from depression, stress, anxiety, and more.



Where to Access?

Calm

- [Online Support](#)
- Download App
kp.org/selfcare

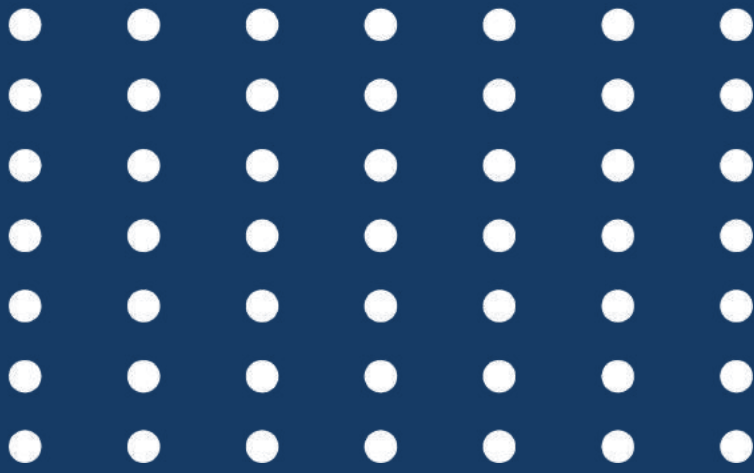
myStrength

- +1.800.945.4355
- Download App
kp.org/selfcare
- [Email Support](#)

Who is eligible?

- Kaiser members and dependents





California Schools JPA

csjpa.org

