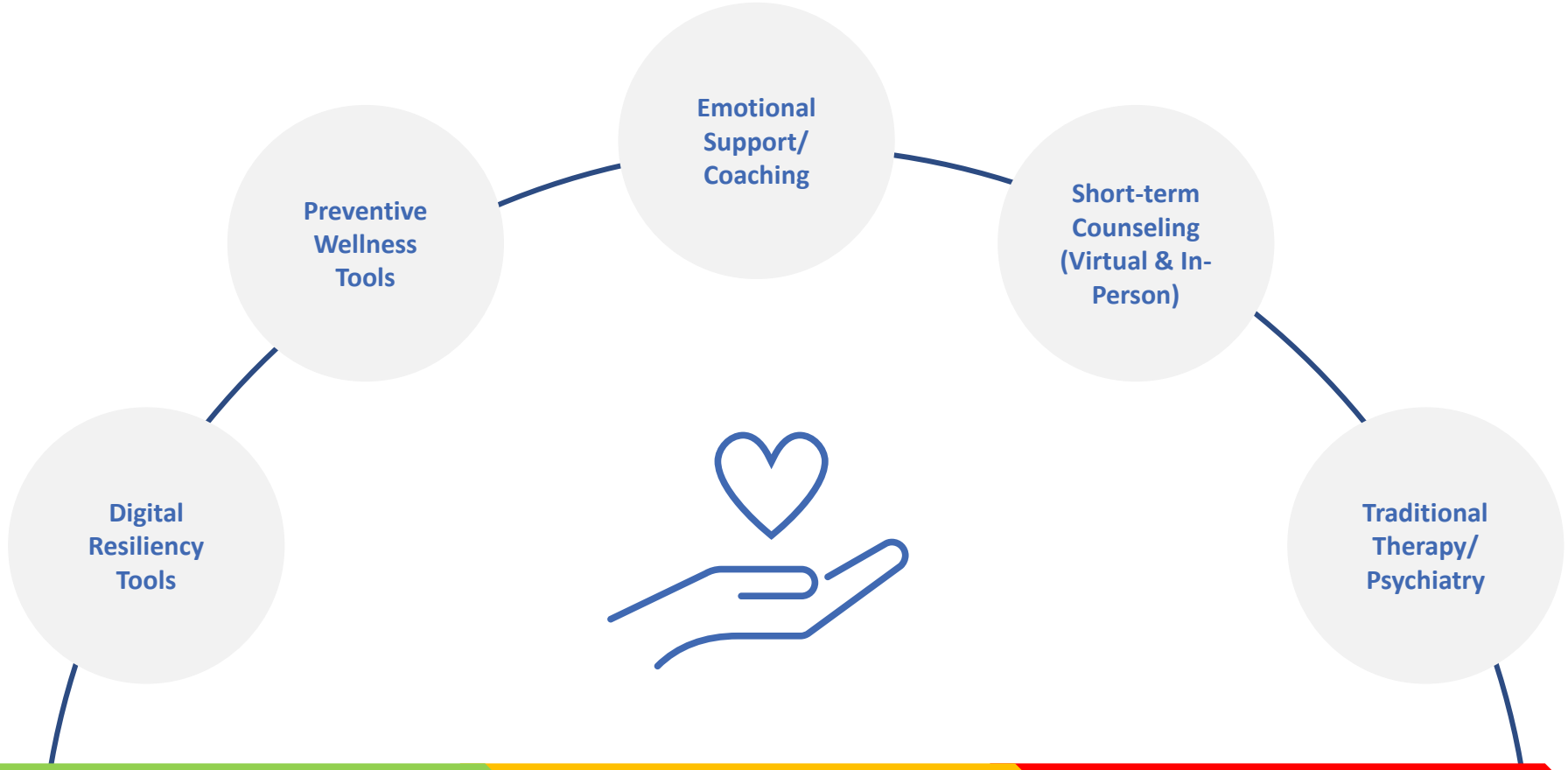
YOUR EMOTIONAL WELLBEING MATTERS

The range of mental health resources encompasses a variety of services and support systems designed to promote mental well-being, treat mental health conditions, and offer assistance to individuals experiencing psychological distress. The resources range from self help solutions to long-term solutions for more serious treatment.



WELLNESS RESOURCES

	KAISER	AETNA	ALL EMPLOYEES & DEPENDENTS
Self Help Support Solutions			
Digital Resiliency Tools	• Calm - Sleep & meditation app	• Aetna Health Your Way – Wellness program. Sign in at Aetna.com and select the Aetna Health Your Way link on the right-hand side of the screen, or download the My Active Health mobile app.	• Calm – Free resources for everyone with meditations, stories, music, talks and more to support your mental and emotional wellness. • Skill Building Webinars – Claremont EAP webinars designed to empower individuals with practical strategies for personal and professional growth.
Preventive Wellness Tools	• Wellness Support & Health Classes • Centering Pregnancy • Mental Health Assessment		
Intermediate Solutions			
Emotional Support & Coaching	• Wellness Coaching/ Telephonic Coaching • Headspace – text-based coaching	• Lifestyle and Condition Coaching – online, group, or coaching by phone. Get started online or call (855) 217-9304.	• Emotional Coaching via phone focused on skill-building – go to the Wellness Portal through OKTA to schedule your appointment • Call (800) 834-3773 to register for an online support group. • Download the Uprise Health mobile app. • Moving Through Grief
Short-term Therapy & Counseling (Virtual & In-Person)	• Mental Health Appointment	• Meru Health – 12-week digital therapy program	• Visit Claremont EAP powered by Uprise Health • Call (800) 834-3773 to make an in-person or virtual appointment
Long-term Solutions			
Traditional Therapy & Psychiatry	• Behavioral Health Management Therapy & Psychiatry or call 650-627-1700	• Teladoc – phone/video therapy, psychiatry, counseling • Behavioral Health Condition Management – in-person or virtual therapy & psychiatry	

Please review your Benefits Guide for more information.