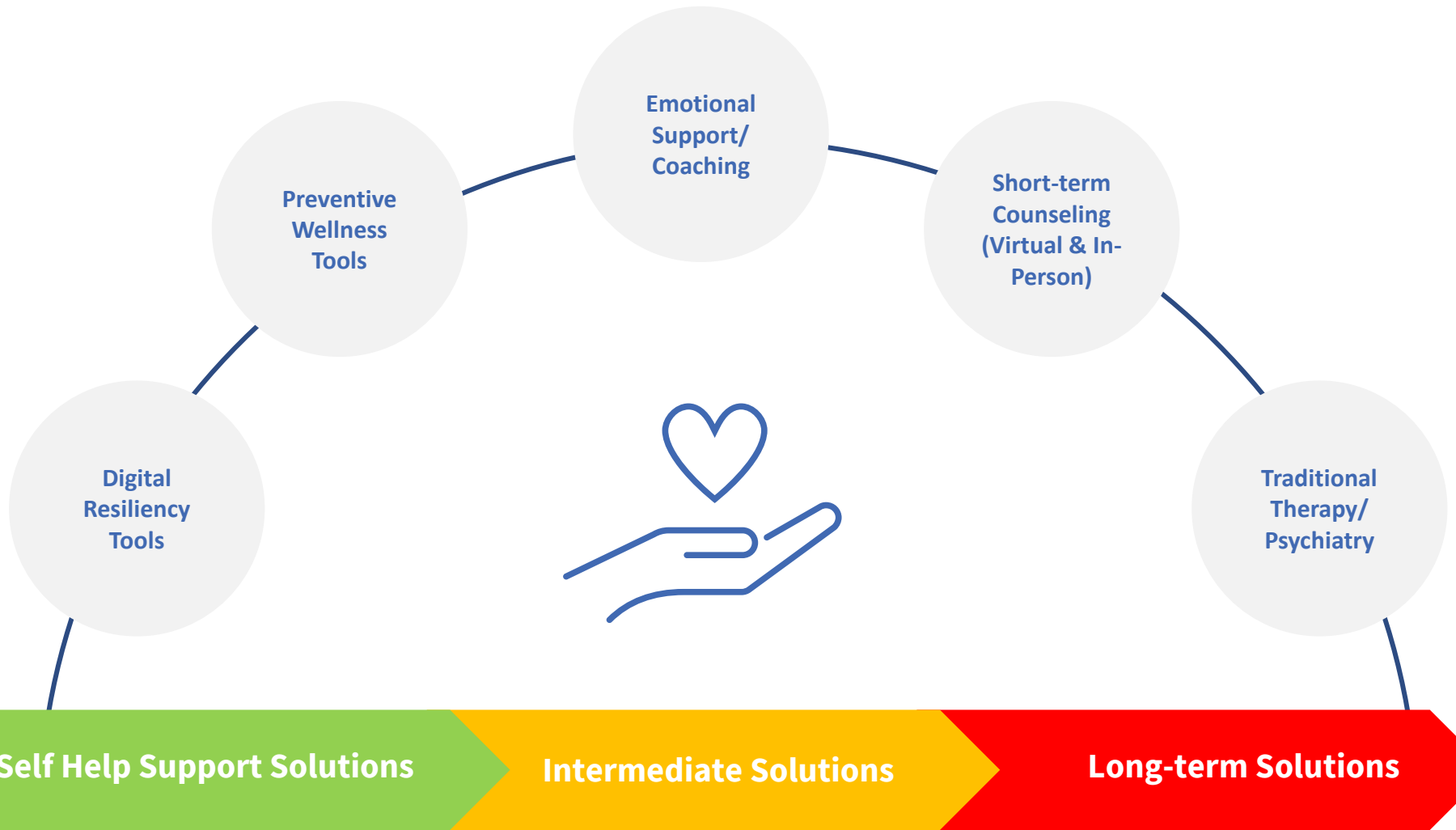


YOUR EMOTIONAL WELLBEING MATTERS



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		<ul style="list-style-type: none"> Employee Interest Groups – in-person peer support. Visit preventioncloud.com and select the “Events” tab.
Preventive Wellness Tools	<ul style="list-style-type: none"> Wellness Support & Health Classes Centering Pregnancy Mental Health Assessment 	Health Your Way – Wellness program. Sign in at Aetna.com and select “Well-being Resources” on the home page or download the ActiveHealth mobile app.	<ul style="list-style-type: none"> Tess AI Chatbot - text “Hi” to 650-825-9634 and enter “Claremont” as your company name to opt-in.

Intermediate Solutions

Emotional Support & Coaching	<ul style="list-style-type: none"> Wellness Coaching/ Telephonic Coaching Headspace – text-based coaching 	Lifestyle and Condition Coaching – online, group, or coaching by phone. Get started online or call 1-866-213-0153.	<ul style="list-style-type: none"> Emotional Coaching via phone focused on skill-building – select “Events” tab 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	<ul style="list-style-type: none"> Meru Health – 12-week digital therapy program AbleTo – 8-week therapy + coaching program or call 844-330-3648 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Teladoc – phone/video therapy, psychiatry, counseling Behavioral Health Condition Management – in-person or virtual therapy & psychiatry 	
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Please review your [Benefits Guide](#) for more information.