

FIELD EMPLOYEES

IBEW Local Employee Assistance Program and/or Mental Healthcare Benefits

- 595E OPTUM (877) 225-2267
- 595W Mental Assistance program (925) 500-8718
- 684 EAP (800) 272-2727 and TalkSpace Online Therapy Covered (text, call, video) TalkSpace.com/FMCP
- 302 BEAT-IT (800) 828-3939
- 332 Anthem.com for Mental Health Services (800) 810-2583, BEAT-IT for Substance Abuse (800) 828-3939
- 617 OPTUM (800) 622-7276 liveandworkwell.com code IBEW617
- 100 TalkSpace Online Therapy Covered (text, call, video) TalkSpace.com/FMCP
- 428 Kaiser Mental Health Services (559) 448-4620
- 234 Trust Fund Healthcare (408) 588-3753, Benefit Office (877) 885-3753
- 639 Anthem.com for Mental Health Services (800) 810-2583
- 180 Kaiser Mental Health Services (707) 645-2700
- 340 MHN (888) 426-0026
- 551 Kaiser Mental Health Services (707) 571-3778

OFFICE EMPLOYEES



Employee Assistance Program/Mental Healthcare Benefits

EAP for United Health Care Members (888) 887-4114

If you need guidance navigating mental health, financial, or legal concerns, take advantage of the EAP for 24/7 support at no extra cost.

ALL EMPLOYEES, FAMILY, & FRIENDS

After July 16, 2022, simply dial **988** to be connected to a counselor.

If you are in immediate distress or are thinking about hurting yourself, call the National Suicide Prevention Lifeline toll-free at **(800) 273-TALK (8255)**. You also can text the Crisis Text Line **(HELLO to 741741)** or use the Lifeline Chat on the National Suicide Prevention Lifeline website at suicidepreventionlifeline.org

Domestic Violence Hotline **(800) 799 7233**

For individuals and family members facing mental and/or substance use disorders **(800) 662-HELP (4357)** (referrals to local treatment facilities, support groups, and community-based organizations)

Corporate/Stockton

3412 Metro Drive
Stockton, CA 95215
Phone: 209-466-3691
Fax: 209-466-3146

Dublin

6761 Sierra Court, Ste. D
Dublin, CA 94568
Phone: 925-392-0134
Fax: 925-248-2572

Fresno

1809 N Helm Ave, Ste. 7
Fresno, CA 93727
Phone: 559-454-8164
Fax: 559-454-8172

Marina

385 Reservation Road
Marina, CA 93933
Phone: 831-384-0114
Fax: 831-384-3441

Modesto

125 Tuolumne Boulevard
Modesto, CA 95354
Phone: 209-524-6641

West Sacramento

1902 Channel Drive
West Sacramento, CA 95691
Phone: 916-567-1100
Fax: 916-567-1292

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EMPLOYEE MENTAL HEALTH/EAP RESOURCES



You are not alone