



Mental Health Resources

Help is available when you need it



Employee Assistance Program

ComPsych offers employees and household members 5 free in-person counseling sessions per issue through EAP benefits. *Web ID: EAPCEB or call 877-327-4452*

Anthem Medical Plan Benefits

Our County insurance offers 50 in-network counseling sessions a year with a \$20 copay. Inpatient care covered at 80%. *Visit the site or call 855-603-7982*

Scan
or
Click



Scan
or
Click



Emergencies – Resources to help in a crisis immediately!

- 911 Dispatchers can have emergency personnel immediately respond to your location.
- 988 Suicide and Crisis Lifeline. Call or text 24 hours a day for free, confidential guidance.
- 211 Helpline – 24-hour crisis hotline that can assist someone in a time of crisis.

