

The outbreak of COVID-19 may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions. The information below is being provided to help clients gain access to available mental health resources.

Carrier	Guideline
Aetna	Aetna is offering free crisis support for all members. Members needing support should call 1-833-327-2386.
Anthem	Members with LiveHealth Online benefits can access video visits with mental health professionals free of charge through June 14, 2020. Go to anthem.com/ca and log in to your secure account to access LiveHealth Online.
Blue Shield of California	If you are feeling overwhelmed with sadness, depression or anxiety, you can call Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline at 1-800-985-5990 or text TalkWithUs to 66746.
CalCPA Health	Members with LiveHealth Online benefits can access video visits with mental health professionals free of charge through June 14, 2020. Go to anthem.com/ca and log in to your secure account to access LiveHealth Online.
CaliforniaChoice	See carrier specific information.
Cigna	To help manage stress and anxiety, Cigna has opened a 24-hour toll-free help line for all members. Members needing support should call 1-866-912-1687.
Covered California for Small Business	See carrier specific information.
Health Net	If you are feeling overwhelmed with sadness, depression or anxiety, you can call Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline at 1-800-985-5990 or text TalkWithUs to 66746.
Kaiser Permanente	All Kaiser members can download the myStrength app for free which offers interactive activities, in-the-moment coping tools, inspirational resources and community support to help with anxiety, depression, sleep and stress. Log on to kp.org to register with myStrength. Kaiser also offers wellness coaching by phone at no cost to members. Members can schedule convenient phone sessions by calling 1-866-862-4295.
MediExcel Health Plan	If you are feeling overwhelmed with sadness, depression or anxiety, you can call Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline at 1-800-985-5990 or text TalkWithUs to 66746.
Oscar	Oscar members can call Optum at 1-877-855-8283 to get a referral for a virtual mental health visit at no cost to the member.
Sharp	If you are feeling overwhelmed with sadness, depression or anxiety, you can call Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline at 1-800-985-5990 or text TalkWithUs to 66746.
Sutter Health Plus	If you are feeling overwhelmed with sadness, depression or anxiety, you can call Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline at 1-800-985-5990 or text TalkWithUs to 66746.
UnitedHealthcare	Optum is offering a free emotional support line that will provide access to trained mental health specialists. The company's public toll-free help line, 1-866-342-6892, will be open 24 hours a day, 7 days a week for as long as necessary. This service is free of charge and open to anyone. Emotional support resources and information are also available online at www.liveandworkwell.com .
Western Health Advantage	Magellan Healthcare is providing its RESTORE app at no cost for individuals experiencing sleep difficulty and insomnia related to COVID-19. For information on how to get started, go to magellanhealthcare.com/restore .

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