

# MENTAL HEALTH RESOURCES AVAILABLE TO CITY EMPLOYEES

As the City that Cares, there are many mental health resources available to City employees and their families. If you have any questions about these or other benefits, please contact the Benefits team at [HRBenefits@cityofchesapeake.net](mailto:HRBenefits@cityofchesapeake.net) or 757-382-8956.

## 1 EMPLOYEE ASSISTANCE PROGRAM (EAP)

BHS Employee Assistance is a free resource for all City employees and their household members. Contact BHS at 1-800-327-2251 for up to six free counseling sessions per concern.

## 2 EAP WORK-LIFE SERVICES

In addition to free counseling sessions, employees and their household members can access work-life services via <https://portal.bhsonline.com/> (scan QR code). These services include pre-recorded webinars on a variety of topics such as:

- Coping with Stress at Work
- Employee Well-Being
- Strategies for Better Sleep



Username: *CityofChesapeake*

## 3 MDLIVE

Employees who are enrolled in the City's health plan can utilize MDLive for behavioral health! Those enrolled in the HMO, POS, or PPO plan have a \$0 copay, while those on the CDHP have a \$0 copay after reaching their deductible.

Scan the QR Code for further directions on how to utilize this service.



## 4 OPTIMA HEALTH INSURANCE

If employees are on the HMO, POS, or PPO plan, outpatient visits are a \$25 copay per visit for in-network providers. If employees are on the CDHP, outpatient visits are no charge after their deductible has been met.

## 5 VENDOR RESOURCES

Assured Partners, the City's Benefits Consultant, has many resources such as:

- [Mental Well-Being Caring for Yourself and Others Webinar](#)
- [Power of Positivity Webinar](#)
- [Mental Health Chapter](#)
- [Self-Care Chapter](#)

Employees can contact the dedicated benefits customer service hotline to address basic benefit questions (i.e. plan design questions to include copays, deductibles, etc.) at 888-520-0255, Option #1 between the hours of 8:00 a.m. - 5:30 p.m. Monday through Friday.

## 6 FREE OPTIMA RESOURCES

Employees can visit [www.wellnessforme.com](http://www.wellnessforme.com) to request free resources such as yoga and tai chi DVDs and meditation CDs. Employees do not need to be on the City's health plan to order these resources.

## 7 A HEALTHIER YOU WEBINARS

Visit the City's 'A Healthier You' [Employee Wellness Program SharePoint](#) page to view pre-recorded webinars on stress-reduction.

## 8 MENTAL HEALTH FIRST AID TRAINING

The City offers monthly Mental Health First Aid training opportunities for all employees - contact HR Training at [hrtraining@cityofchesapeake.net](mailto:hrtraining@cityofchesapeake.net) to attend. If employees would like to schedule a special training for your department, please contact Michelle Morgan-Jackson at [mmjackson@chesapeakeibh.net](mailto:mmjackson@chesapeakeibh.net).

