

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 or 757-382-8956.

1 EMPLOYEE ASSISTANCE PROGRAM (EAP)

Inova Employee Assistance is a free resource for all City employees and their household members. Contact Inova at 1-800-346-0110 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 www.inova.org/eap
username: City
Password: Chesapeake

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.

4 OPTIMA HEALTH INSURANCE

If you are on the HMO, POS, or PPO plan, outpatient visits are a \$25 copay per visit for in-network providers. If you are on the CDHP plan, outpatient visits are no charge after your 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](#)

6 FREE OPTIMA RESOURCES

Employees can visit www.wellnessforme.com to request free resources such as yoga and tai chi DVDs and meditation CDs. You 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 to attend. If you would like to schedule a special training for your department, please contact David Dillon at ddillon@chesapeakeibh.net.

