

Santa Clara County Office of Education Mental Health Resources

Take advantage of these Mental Health resources to help you and your family stay healthy!

Benefit Highlights	Availability & How To Get Started
<p>Kaiser Permanente Headspace – Meditation App As the world’s most science-backed meditation app, Headspace can help you reduce stress, increase resilience, and get a better night’s rest.</p>	<p><i>All Kaiser Members</i> Visit Kaiser.Headspace.com</p>
<p>Kaiser Permanente Calm App – Mindfulness App The Calm app uses meditation and mindfulness to help lower stress, reduce, anxiety, and improve sleep quality.</p>	<p><i>All Kaiser Members</i> Visit Kaiser.Calm.com</p>
<p>SISC SISC Employee Assistance Program – 24/7 Help with Personal Concerns Access free, confidential resources for help with emotional, marital, financial, addiction, legal, or stress issues.</p>	<p><i>All Employees</i> Call 800-999-7222 Visit anthemEAP.com and enter SISC</p>
<p>SISC Talkspace – Online Counseling and Therapy Digital platform that supports behavioral health and emotional wellness needs from a secure, HIPAA-compliant app. Up to 6 counseling sessions per situation.</p>	<p><i>All Employees</i> Call 800-999-7222 Visit Talkspace.com and enter SISC as your organization name</p>
<p>SISC Learn to Live – Emotional Well-Being Resource Self-guided digital Cognitive Behavioral Therapy (CBT) programs for employees and their families. Personalized care modules to promote skill-building, resiliency and mindfulness.</p>	<p><i>All Employees</i> Call 800-999-7222 Visit anthemeap.com Code SISC <i>Scroll down to Self-Paced Courses and Resources.</i> <i>Click the  to be directed to the “Learn to Live” registration page.</i></p>
<p>SISC Centivo Care – Virtual Primary Care 24/7 access to a Care Team who works together to offer you primary care, mental health support, and answers to follow - up care questions through one app.</p>	<p><i>Employees and family members enrolled in a non-HSA Anthem plan</i> Download the Centivo Care app</p>

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<p>SISC VIDA Health – Health Coaching 1-on-1 health digital coaching, therapy and programs to prevent, manage or reverse pre-diabetes, diabetes, hypertension, obesity, depression, anxiety, etc.</p>	<p><i>Employees and family members enrolled in a non-HSA Anthem plan</i> Visit vida.com/sisc</p>
<p>SISC MDLive – 24/7 Physician Access for Medical and Mental Health Needs Consult with doctors, pediatricians and mental health providers over the phone or using online video for common medical conditions and behavioral health issues. Physicians can prescribe medications when appropriate.</p>	<p><i>Employees and family members enrolled in an Anthem plan</i> Call 800-657-6169 Visit mdlive.com/sisc</p>