

# NEED SOMEONE TO TALK TO?

Life can be stressful, be it work, family, or even just day-to-day tasks and responsibilities. It's okay to admit when things feel hard.

Now is a good time to tune in to your mental and emotional health. You have various low and no cost options available, and you can access many of them from the comfort of your home.

Reach out if you or someone in your family needs help.



## All Employees and Household Members

**Employee Assistance Program** (Free) –

To access in-person and virtual therapy, call **800-999-7222**.

## Anthem and Blue Shield PPO and HMO Members

**MDLive** (\$5) – To access virtual therapy and psychiatry, visit [www.mdlive.com/sisc](http://www.mdlive.com/sisc) or call **800-657-6169**.

**VIDA** (Free) – To access virtual therapy, visit [www.vida.com/sisc](http://www.vida.com/sisc) or call **855-442-5885**.

## Anthem Members

**PPO & HMO** (Plan co-pay applies) – [Anthem PPO Provider Finder](#) –

To find participating therapists and psychiatrists, use the website or call the phone number on your ID card.

## Blue Shield Members

**PPO & HMO** (Co-pay applies) – [Blue Shield PPO Provider Finder](#) – [Blue Shield HMO Provider Finder](#) –

To find participating therapists and psychiatrists, use the website or call Shield Concierge at **855-599-2657**.

## Kaiser Permanente Members

**Northern California** (Co-pay applies) – [Kaiser Permanente Location Finder](#) –

To find participating therapists and psychiatrists, use the website or call Member Services at **866-454-8855**.

**Southern California** (Co-pay applies) – [Kaiser Permanente Location Finder](#) –

To find participating therapists and psychiatrists, use the website or call Member Services at **833-574-2273**.

**All support is confidential.**

Our providers will never share your information with your employer.



**SISC**

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