

MENTAL HEALTH RESOURCES FOR FACULTY

Employee Assistance Service for Education (EASE)

**Feeling overwhelmed about COVID-19 and current circumstances?
EASE can help.**

As an employee of MT. SAC, you have access to the EASE program, a specialized counseling service...

- ✓ paid for by MT. SAC
- ✓ endorsed by labor and management
- ✓ staffed by professional counselors
- ✓ voluntary and CONFIDENTIAL

EASE provides face-to-face counseling, phone consultations and community referrals. Immediate family members are included. EASE is primarily an assessment and brief counseling service and is best defined as a pre-treatment service.



24/7 HOTLINE TELEHEALTH OPTIONS AVAILABLE

TOLL-FREE NUMBER: (800) 882-1341

SIGN-UP DAILY POSITIVE E-MAILS [HERE](#)

[EASE MENU OF SERVICES](#)

WEBSITE: www.lacoe.edu/Home/EASE

MENTAL HEALTH RESOURCES FOR FACULTY

CORONAVIRUS (COVID-19) MENTAL HEALTH RESOURCES

DETAILS	WEBSITE
Blue Shield – Wellvolution: Stress Management and Health Resources	wellvolution.com
CDC DAILY LIFE & COPING: Information for Daily Life during stressful times	www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/index.html
COVID-19 Mental Health Resource Psych Hub	psychhub.com/covid-19
HealthNet: Mental Health and Coping Assistance	calpers.healthnetcalifornia.com/important-updates.html
HealthNet: myStrength – Tools for your mind, body, and spirit	bh.mystrength.com/hnwell
Kaiser: Kaiser Permanente Southern California – COVID-19 Updates and What you Need to Know	healthy.kaiserpermanente.org/health-wellness/coronavirus-information
Kaiser: Mental Health Care	healthy.kaiserpermanente.org/health-wellness/mental-health
Kaiser: Emotional Wellness Tools	healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital
LA County COVID-19 Mental Health Resources	dmh.lacounty.gov/covid-19-information
MT. SAC Student Health Center	mitsac.edu/healthcenter
MT. SAC Wellness Center	www.mtsac.edu/wellness
NAMI – Coronavirus Update: Mental Health Tips, Public Health News and Resources	namila.org/coronavirus-update-mental-health-tips-public-health-news-and-resources
Sanvello Coronavirus Anxiety Support	www.sanvello.com/coronavirus-anxiety-support
Taking Care of Your Mental Health in the Face of Uncertainty	afsp.org/story/taking-care-of-your-mental-health-in-the-face-of-uncertainty
United Healthcare: COVID-19 – Health and Daily Lifestyle	www.uhc.com/health-and-wellness/health-topics/covid-19/health-and-daily-life