


Behavioral Health Wellness Resources for Members

Program	Description	Website
 <p>Health Net Behavioral Health</p>	<p>Your behavioral health benefits provide treatment for mental health and substance use disorders. Behavioral health providers include therapists, psychiatrists, and psychologists.</p> <p>Health Net Behavioral Health Call Center is available 24 hours a day, 7 days a week and is staffed with well-trained customer service reps and behavioral health care managers who can connect you to the help and support you need.</p> <p>Your behavioral health benefits include:</p> <ul style="list-style-type: none"> • Outpatient sessions with a therapist • Outpatient medication management with a psychiatrist • Inpatient, residential treatment or other types of care if medically necessary¹ <p>To get the help you need, call or visit Health Net Behavioral Health to discuss your concerns and get linked to a mental health or substance use service provider today.</p> <p>You do not need to be referred by your doctor or need any approvals to get started. Simply call today!</p> <p>¹Preauthorization is required, except in an emergency.</p>	<p>Commercial (HMO, POS, PPO, EPO, HSP)</p> <p>Health Net Behavioral Health</p> <p>The phone number listed on your member ID card or select a provider here</p>

MyStrength




myStrength is a private online tool, tailored to help you live a happier, healthier life. The program provides a variety of self-help tools designed to help you become – and stay – mentally and physically healthy. myStrength has several types of activities you can access, such as:

- Improving sleep
- Mending your relationship
- Controlling anxiety
- Managing depression
- Chronic pain solutions
- Ending alcohol, opioid, or other drug use
- And many more.

You can access myStrength online using your laptop or mobile phone. It is available now for Health Net members. To sign up, click on the link provided.

myStrength

<https://mystrength.com/go/healthnet>

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Unwinding by ShareCare 	<p>Unwinding by Sharecare is a mental well-being program to help you understand better how your mind works and build healthier habits. The online program teaches simple, practical ways to use mindfulness exercises to improve sleep, reduce stress, and worry.</p> <p>By registering, you gain access to video lessons, 100+ guided awareness exercises, journaling tools, a library of visual relaxation videos, and sleep-specific meditations and soundscapes.</p> <p>Unwinding by ShareCare app is available for download on your smartphone or tablet. Take the time to relax and unwind with ShareCare today!</p>	ShareCare https://healthnet.sharecare.com/

National Alliance on Mental Illness (NAMI)



NAMI is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI works to educate, support, advocate, listen and lead to improve the lives of people with mental illness and their loved ones. NAMI offers several different types of support and education, including support groups, a Helpline, Podcasts and Webinars, and a video resource library. There are nearly also 1,000 NAMI State Organizations and NAMI Affiliates across the country. You can find your local NAMI to find out what programs and support are offered in your community.

National Alliance on Mental Health
<https://www.nami.org/Home>

988 Suicide & Crisis Lifeline (formerly Known as the National Suicide Prevention Lifeline)




Provides free and private emotional support to people in suicidal crisis or emotional distress. Support is available 24 hours a day, 7 days a week, across the United States.

Whatever the time – day, night, weekend – or whatever the reason – mental health distress, substance use crisis, or thoughts of suicide – the 988 Suicide & Crisis Lifeline offer help. Calling or texting 988 will connect a person in crisis to compassionate care and support. Anyone can reach 988 in the United States through land line, cell phone, and voice-over internet devices. Through federal, state, local, and community partnerships, the Substance Abuse and Mental Health Service Administration (SAMHSA) is working toward a vision where everyone has:

- Someone to talk to
- Someone to respond
- A safe place for help

If you or someone you know needs support now, call or text 988, or chat 988lifeline.org.

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Program	Description	Website
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<p data-bbox="103 241 261 457">Stop Opioid Overdose and Help Save Lives with Naloxone</p> 	<p data-bbox="306 241 1055 422">Opioid drug use and overdose is an increasing problem in California. Opioid drugs are used to control pain but taking too much of a prescription painkiller such as Norco, Vicodin, morphine, fentanyl, or using street drugs laced with fentanyl or heroin can lead to drug overdose and death.</p> <p data-bbox="306 449 1076 590">Naloxone is a drug that can reverse the effects of Opioid drugs and save your life, or the life of someone you know! It works by blocking the drug's effects in the brain and causing normal breathing to return.</p> <p data-bbox="306 617 1110 758">Naloxone can be given via a nasal spray or injection or auto-injector into a major muscle. You can purchase Naloxone in nasal spray from local pharmacies. To learn more about your risk for overdose, talk to your doctor or pharmacist.</p> <p data-bbox="306 785 1057 892">You may also outreach to Health Net Behavioral Health to discuss concerns you may have and to get more information. Call them today!</p> <p data-bbox="306 919 659 953">Learn more about Naloxone.</p>	<p data-bbox="1159 241 1305 270">Health Net</p> <p data-bbox="1159 279 1401 308">Behavioral Health</p> <p data-bbox="1159 317 1507 457">The phone number listed on your member ID card or select a provider at Provider Search Link</p>