

Health Net of California, Inc. (Health Net)



# Feel Better in Mind and Spirit

DISCOVER HEALTH NET PROGRAMS TO SUPPORT YOUR WELL-BEING



[healthnet.com](https://healthnet.com)



Life is full of ups and downs, and sometimes we may become overwhelmed with what's thrown our way. Health Net is here to help! We offer a wide range of programs and services to help you:

- Manage stress
- Improve coping skills
- Stop substance use and abuse
- Improve your overall well-being and more

## Health Net Behavioral Health

Your behavioral health benefits provide treatment for mental health and substance use disorders. Behavioral health providers include:

- Therapists
- Psychiatrists
- Psychologists

The Health Net Behavioral Health call center is staffed with well-trained customer service reps and behavioral health clinicians who can connect you to the help and support you need.



**If you need help now, call today!**

The number is listed on the back of your Member ID card. You can also select a provider [here](#).



Teladoc Health Services are available 7 days a week. Access virtual telehealth care or explore the **Teladoc Mental Health Digital Program** by visiting the Teladoc website or using their mobile app.



Your behavioral health benefits include:

- Outpatient
- Outpatient medication management
- Inpatient, residential treatment or other types of care if medically needed<sup>1</sup>

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.

**You don't need a referral to get started with outpatient care.** Simply call the number listed on the back of your Member ID card. Or you can select a provider [here](#).

## Teladoc Health

Find the therapy that's the best for you! Teladoc Health offers convenient, virtual mental health services 7 days a week. Visits are available by phone or video from 7 a.m. to 9 p.m. Pacific time for you to speak with a licensed:

- Therapist
- Psychologist
- Psychiatrist

**Psychiatric services** are available for ages 18 and older. Therapy starts at age 13 and up. Call 1-800-TELADOC (835-2362) to make an appointment. You can also [visit the website](#) or download the Teladoc app.

**Teladoc Mental Health (Digital Program)** – This is a online tool tailored to help you live a happier, healthier life. The program is available to members 13 years and older. It provides self-help learning modules, tracking journals, and action plans on many topics for mental and physical health, like how to:

- Improve sleep
- Mend relationships
- Manage stress and worry
- Manage depression
- Address alcohol, opioid or other drug use
- Reduce anxiety and fear
- Get healing from trauma
- Manage chronic conditions and more

### Sign Up today!

Visit [www.teladochealth.com](http://www.teladochealth.com) or simply scan the QR Code to get started. Click “*Register Now*” near the top of the page. Enter your information. Fill out a brief wellness survey and complete the process.

**Go mobile!** After setting up an online account, download the Teladoc app for iOS or Android device. You can sign up using the same email and password.

<sup>1</sup>Preapproval is required, except in an emergency.





## Health Net self-help tools

[Unwinding by ShareCare](#) – This mental well-being program can help you better understand how your mind works and how to build better health habits. The online program teaches simple, common ways you can use mindfulness to improve sleep, reduce stress, worry and more.

When you sign up you gain access to:

- Video lessons
- More than 100 guided awareness exercises
- Journaling tools
- Visual relaxation videos
- Sleep meditations

Download the ShareCare app on your smartphone or tablet, or simply scan the QR code to get started. Take the time to relax and unwind with **ShareCare** today!

[Findhelp](#) – A program to help you locate free and reduced-cost social services near you. Find services for:

- Food
- Housing
- Job training
- Legal help and more

***Try Findhelp today!***





There are nearly **1,000 NAMI State Organizations and NAMI Affiliates** across the country. You can find your local NAMI to learn what programs and support are offered near you. For more information visit the **NAMI website**.

## Mental Health Support – Adults and Youth

**CalHOPE** – This **program** provides free, safe and private mental health support for young people and families across California. The program helps with disaster recovery and crisis counseling. It also has links to valued resources. CalHOPE offers two easy-to-use mobile apps:

- **BrightLife Kids** for children ages 0–12
- **Soluna** for ages **13 to 25**

For more information or to chat live visit CalHOPE. You can also call **(833) 317-4673**.

**National Alliance on Mental Illness (NAMI)** – NAMI is the **nation’s largest grassroots mental health organization**. It’s a group committed to building better lives for the millions of Americans affected by mental illness. NAMI strives to improve the lives of people with mental illness and their loved ones by working to:

- Educate
- Support
- Advocate
- Listen and lead

NAMI offers many different types of support and education that includes:

- Support groups
- Helpline
- Podcasts
- Webinars
- Video resource library





## Suicide and Crisis – Adults and Children

**988 suicide and crisis lifeline** – This service provides free and private support to people in suicidal crisis or emotional distress. Support is available 24 hours a day, 7 days a week, across the United States.

Calling or texting **988** will connect a person in crisis to gentle and kind care and support. **Anyone can reach 988 in the United States** through land line, cell phone and voiceover internet devices and find:

- 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 one-on-one at [988lifeline.org](https://988lifeline.org).**

**California youth crisis line** – A statewide emergency response system available 24/7 for youth (ages 12-24) and families in crisis. Trained staff and volunteers provide counseling services in many languages. They address issues such as:

- Suicide
- Depression
- Bullying
- Trauma
- Human trafficking
- Any teen-related struggle

**For more information visit  
CA Youth Crisis Line. Or, call  
or text (800) 843-5200.**







## Substance Use Concerns (Misuse)

### Substance Abuse and Mental Health Service Administration (SAMHSA)

– SAMHSA provides **free private referrals and information** about mental health and/or substance use that includes:

- Prevention
- Treatment
- Recovery

#### **If you or someone you know needs help, please call**

(800) 662-HELP (4357). The service is available 24 hours a day, 7 days a week. You can also visit [the SAMHSA website](https://www.samhsa.gov).

**FindTreatment.gov** – This service provides tools to help you find a substance use center or mental health center near you. Their expert providers offer opioid treatment and medication to treat pain and opioid addiction. If you or someone you know needs help, please visit:

[FindTreatment.gov](https://www.findtreatment.gov)

**SMART Recovery** – A service that supports people throughout the United States. Their service offers help so you can manage addictive and troubled behavior. If you or someone you know needs help, please visit

[SmartRecovery.org](https://www.smartrecovery.org)





## Drug Overdose and Naloxone

Opioid drug use and overdose is a big problem in California and is getting worse. Opioid drugs are used to control pain. But taking too much of a prescription painkiller can lead to drug overdose and death.

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.

Naloxone can be given via a nasal spray, injection or auto-injector into a major muscle. You can buy Naloxone in nasal spray from local pharmacies. To learn more about your risk for overdose, talk to your doctor or pharmacist.

You may also outreach to Health Net Behavioral Health to discuss concerns you may have and to get more information. The call center is available 24 hours a day, 7 days a week. The number is listed on your member ID card. Call them today!

Learn more about Naloxone.

## LGBTQIA+ – Adult and Youth

**LGBTQIA+ National Hotline** – A service that provides free and private help through national hotlines and online programs that include:

- Peer support
- Information
- Local resources

One-to-one help via instant messaging is also available. Plus managed group chatrooms for youth ages 19 and younger offers support in a group setting. Visit [LGBTQIA + National Hotline](#) for more information. Or call them direct at:

- **Adults:** (888) 843-4564
- **Older Adults:** (888) 234-7243
- **Youth:** (800) 246-7743
- **Coming out support hotline:** (888) 688-5428  
Monday through Friday, 1 p.m. – 9 p.m. Pacific time.  
Saturday, 9 a.m. – 2 p.m. Pacific time.

**Trevor Project (for youth)** – This service is the **leading** suicide prevention and crisis intervention non-profit for LGBTQIA+ young people. It provides information and support 24/7 via chat, phone or text.

Call **(866) 488-7386** or **text 678-6789**. You can also visit **the Trevor Project**.





## Family Support

**National Domestic Violence Hotline** – Get the tools and support needed to help domestic violence survivors live free of abuse. They provide:

- Private and caring support
- Crisis intervention
- Education
- Referral services and more

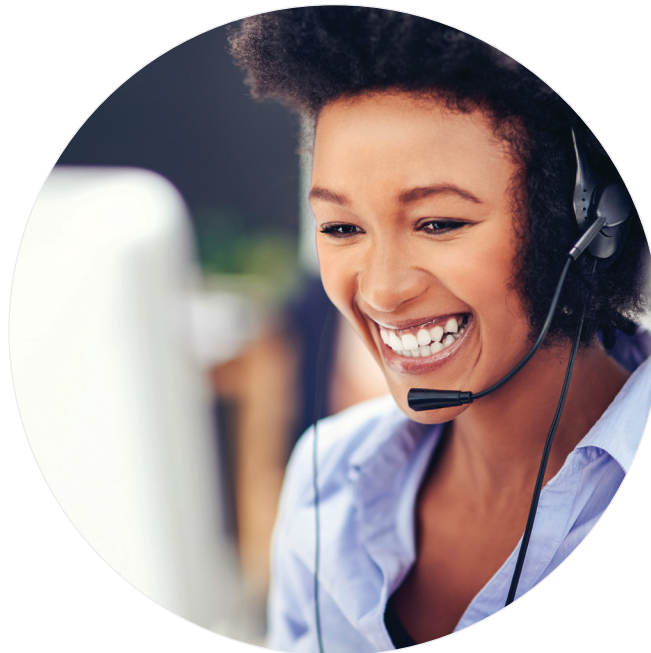
Visit the [National Domestic Violence Hotline website](#) to engage in a chat. Or call (800) 799-SAFE (7233) 24 hours a day, 7 days a week. You can also text “START” to 88788.

**National Parent and Youth Helpline** – A service that offers free weekly support groups for adults and separate support groups for their children and youth. Call or text (855) 427-2736 to learn more. You can also visit the [National Parent & Youth Helpline website](#).

**California 2-1-1** – This service is **free and private** and helps you 24/7 to find local resources. It offers information and referrals to:

- Physical and mental health resources
- Housing
- Utilities
- Food
- Employment assistance
- Suicide prevention and more

[Call or visit 211.](#)



This information is not intended as medical advice. Always consult your doctor before changing medications and when evaluating treatment and screening options. Refer to your health plan coverage document for coverage terms and conditions.

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