

WHERE CAN I ACCESS MENTAL HEALTH SERVICES?

TELUS EAP	Mindful by Blue KC	Spira Care Centers	The Hartford Ability Assist	Johnson County Educator Wellness Center
Who is eligible?	Who is eligible?	Who is eligible?	Who is eligible?	Who is eligible?
All OPS employees and their dependents.	Those enrolled in a Blue KC medical plan and their covered dependents.	Those enrolled in a Spira Care medical plan through Blue KC and their covered dependents.	Those enrolled in any benefit with The Hartford and their dependents.	Educators across Johnson County.

What is an EAP?	It all starts with the Mindful Advocate	Behavioral health is available at Spira clinics	Extras that support and assist	Wellness Education for Educators
-----------------	---	---	--------------------------------	----------------------------------

An employee assistance program, or EAP, is a network of services, including short-term counseling and referrals to local resources to help you and members of your household cope with everyday issues.

By calling one number and speaking to a Mindful Advocate, who's available 24/7, members can get:



In-the-moment support



Care navigation



Help locating and referring to in-network providers



Help connecting to expedited treatment options in crisis situations

For confidential assistance:

Call: 1.844.664.0379
 Sign in: one.telushealth.com
 EAP app or web login:
 Username: olathe
 Password: eap



A Mindful Advocate can help members access tools, including in-person, text, online therapy and virtual visit options, specific to the members' behavioral healthcare needs. To learn more, call 833.302.MIND (6463) or visit www.mindfulbluekc.com



Spira Care members pay no cost to receive behavioral health consultations at any of the eight Spira centers across the Kansas City metro area.



For access over the phone, simply call toll-free 800.96.HELPS (43577). Visit www.guidanceresources.com to access hundreds of personal health topics and resources for child care, elder care, attorneys or financial planners. If you're a first-time user, click on the Register tab. In the Organization Web ID field, enter HLF902. In the Company Name field at the bottom of the personalization page, enter ABILI. After selecting "Ability Assist program," create your own confidential username and password.



The Johnson County Educator Wellness Center is a self-guided, digital mental wellness resource designed to provide educators with on-demand content related to your unique mental health needs. You'll find a variety of topics, including Managing Mental Health Challenges, Supporting a Friend or Loved One, and Strategies for Stress Management.

To access the Elevate for Educators mental health program, visit jc-mental-health.everfi-next.net.

