

ADDITIONAL BEHAVIORAL HEALTH SERVICES

Employees enrolled in either a Kaiser or Anthem medical plan also have access to behavioral health services.

Kaiser Permanente

- **Adult Psychiatry:** 408-972-3095
- **Child/Adolescent:** 408-360-2300
- **No Referral Needed**

Anthem

Psychology

- **Online:** Visit www.livehealthonline.com and sign up or log in. Select LiveHealthOnlinePsychology.
- **Mobile app:** Download mobile app and then sign up or log in. Choose LiveHealthOnlinePsychology.
- **Phone:** Call 1-844-784-8409 from 7 a.m. to 11 p.m. ET or PT.

Psychiatry

- Just visit www.livehealthonline.com or call 1-888-548-3432

Community Resources

Employees not enrolled in a City of San Jose medical plan do have access to community resources.

- **Care Solace Network of Care:** Access to FREE counseling services
 - Phone: (800) 704-0900
- **Bill Wilson Center Crisis Hotline:** [408-850-6125](tel:408-850-6125) (Available 24 hour/day/7 days a week)
- **County of Santa Clara Behavioral Health:** Provides a 24/7 centralized entry point for individuals seeking services in Santa Clara County.
 - Mental Health: (800) 704-0900
 - Substance Use: (800) 488-9919
 - Suicide & Crisis: (855) 278-4204 or text RENEW at 741741
- **988 Suicide and Crisis Lifeline:** The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for individuals or their loved ones, and best practices for professionals in the United States.
 - Phone: Dial 988