

Mental Health Resources Available to State Employees

Employee Assistance Programs

Most state employees and their families have access to an Employee Assistance Program (EAP). EAPs typically offer confidential assessments, counseling, referrals and other services and information to employees and their families free of charge. Your EAP can support you as you tackle health and well-being issues, including COVID-19 related anxiety; they are geared to provide assistance with difficulties you might encounter at work, family or personal relationship problems, stress, depression, grief, addiction and recovery, and more.

- **For AlaskaCare Members (ACOA, APEA, AVTECTA, CEA, IBU, MEBA, TEAME, and Exempt Employees)**
 - Call 24 hours a day, 7 days a week, to talk to a professional counselor
 - 1-855-417-2493
 - More information about your EAP is online at <http://doa.alaska.gov/drb/alaskaCare/employee/information/eap.html>
- **For ASEA Health Trust Members (GGU and PSEA Employees)**
 - Call 24 hours a day, 7 days a week, to talk to a professional counselor
 - 1-877-234-5151
 - TTY/TDD: 1-800-999-3004 (toll-free)
 - En Espanol: 1-888-732-9020 (toll-free)
 - More information about your EAP is online at <https://www.aseahealth.org/your-benefits/employee-assistance-program-eap>
- **For MMP Members**
 - Call 24 hours a day, 7 days a week, to talk to a professional counselor
 - 1-877-234-5151
 - More information about your EAP is online at: <http://www.lifeworks.com/>
 - Company name: MMP
 - Password: 5100
- **Telemedicine**
 - Many state employees also have telemedicine coverage through providers such as Teledoc. I encourage you to check to see what provisions are included in your health plan. If you have any questions about the provisions of your plan, please contact your plan sponsor directly.

Statewide Resources

- Careline: Alaska's suicide prevention and someone-to-talk-to line
 - Call any time, toll free (877) 266-4357 (HELP)
 - Text 4help to 839863, 3-11 p.m. Tuesday-Saturday