



September 2025

Benefits News



OEBB's Mental Health Resources

This document is part of the OEBB September Newsletter, Anxiety and Depression. To access other resources, visit the [News and Events page](#).



Canopy (the Employee Assistance Program for non-OSU employees):

- [Canopy app](#) — EAP mobile app
- [Counseling](#) — 8 free sessions per incident
- [Peer support](#) — Anonymous chat community moderated by licensed clinicians; click the “Peer Support — Chat Now” button at the top



Moda Health

- [Health coaching](#)
- [Behavioral health programs](#)
- [Wellness programs and workshops](#)



Kaiser Permanente

- Health coaching
 - Mental health services
 - Chronic condition support — Resources and programs for ongoing health conditions
 - Neurodiversity support
 - Healthy lifestyle programs — Personalized online programs that help you create action plans to reach your health goals
 - Wellness programs and workshops
 - Mind and body health education classes
 - Mindfulness resources
 - Headspace — Mobile app for 24/7 emotional support
 - Calm — Mobile app for sleep and meditation resources
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