



## PEBB Benefits to Support Your Mental Health

### Employee Assistance Programs (EAP)

- **[Canopy Employee Assistance Program \(EAP\)](#)**

Counseling, peer support, webinars and referrals are available through your employee assistance program, Canopy.

Phone: 800-433-2320

Text line: 503-850-7721

E-mail: [info@canopywell.com](mailto:info@canopywell.com)

Access code: PEBB

- **[Lyra Health EAP for OSU employees](#)**

Lyra Health EAP is for OSU employees and their dependents only. This benefit includes therapy sessions, coaching, self-care plans, learning library and learning sessions.

Phone: 877-235-7812

### Kaiser Permanente

Phone: 800-813-2000

- **[Mental Health and Wellness Services](#)** – understand support options and get help
- **[Understanding Your Mental Health](#)** – content center on where to access care, self-care assessments and more
- **[Health classes](#)** and **[support groups](#)**
- **[Personalized healthy lifestyle programs](#)**
- **[Wellness Coaching by Phone](#)** for stress, sleep and more
- **[Self-care apps](#)** for emotional support, meditation, mindfulness, and cognitive behavioral therapy
  - Including Calm and Headspace Care
- **[Self-care resources](#)** with online guides, assessments, and resources to support your physical and emotional wellbeing (available to all)
- **[Find Your Words](#)** – Public health campaign and resources for stigma, resilience, and mental health support center (available to all)
- **Addiction Medicine**
  - Regional: [Get help for addiction | Kaiser Permanente](#), phone: 855-632-8280
  - National: <https://healthy.kaiserpermanente.org/oregon-washington/health-wellness/addiction-and-recovery>
- **[Youth mental health](#)** support and connect with treatment (available to all)

## Moda Health

Login to your [Member Dashboard](#) via your computer or download the Moda 360 app on your phone to learn more about the following resources available to you.

Phone: 844-776-1593

Email: [PEBBcustomerservice@modahealth.com](mailto:PEBBcustomerservice@modahealth.com).

Instantly chat with Health Navigator through your [Member Dashboard](#).

- [Spring Health](#) – Access to telehealth services through your phone, tablet, or computer that include:
  - Mental health therapy
  - Psychiatry
  - Care navigation
  - Digital cognitive behavioral therapy
- [Meru Health](#) – a 12-week treatment program that helps reduce anxiety, stress, depression & burnout.
- [Equip Health](#) – virtual family-based eating disorder treatment for patients ages six and up.
- [NOCD](#) – virtual mental health outpatient therapy for OCD (obsessive compulsive disorder). [NOCD About \(vimeo.com\)](#)
- [Charlie Health](#) – A virtual intensive outpatient program for teens and young adults in crisis, including those struggling with gender identity and dysphoria.
- [Cyti Psychological](#) (Only in Oregon) – Telehealth benefit that delivers high-quality individual, family, and couples counseling on PEBB members' terms. Cyti therapists are licensed and accredited, and available 24/7.
- [Headlight Health](#) – Virtual or in-person therapy and medication management. Phone: 800-699-0595.
- **Teladoc** – Virtual primary care for common conditions, mental health, expert opinions, and wellness care. Available starting January 1, 2025.
- [Hazelden Betty Ford Foundation](#) – Personalized care for drug and alcohol addiction through any of our in-network treatment facilities, including the Hazelden Betty Ford Foundation.
- [Sprout Wellness Platform](#) – An all-in-one digital wellness community designed to help you build healthy habits on your well-being journey.
- **Online Provider Directory** – Use Moda's Find Care directory to find in-network behavioral health providers in the Synergy network.

## Providence Health Plan

To find an in-network behavioral health provider, log in to your [myProvidence](#) account and search the provider directory.

Providence is available to help you 24/7. Call 503-574-7500 or 800-878-4445 (TTY: 711).

- **Providence Behavioral Health Concierge** – Get help with stress, mental health, and addiction from Providence providers. Available daily from 7 a.m. to 8 p.m. (Pacific Time). Call 877-744-9355 or visit [Providence.org/BHC](#) to request an appointment.
- **Providence Pathfinder** – Connect to an expert who will guide you to the answers, tools, or resources you need. Login into your [myProvidence](#) account to get started.
- **Talkspace** – Online therapy for teens (13+) and adults through text, voice, or video. Get matched with a therapist, psychiatrist, or both within 48 hours. To get started, visit [Talkspace.com/ProvidenceHealthPlan](#).
- **Equip** – Virtual program helps children and young adults (ages 6-24) overcome eating disorders using Family-Based Treatment (FBT) and the support of a multi-disciplinary team. To learn more, call 855-387-4378.
- **Charlie Health** – Virtual Intensive Outpatient Program (vIOP) for teens and young adults (ages 11-30) provides personalized treatment using group, individual, or family therapy. To learn more, call 866-540-1828.
- **Joon Care** – Online therapy for teens and young adults (ages 13-26). Get help with depression, anxiety, stress, and more from a licensed therapist. To get started, visit [Joon.com](#).
- **National Suicide and Crisis Lifeline – 988** – Call or text the 988 Suicide and Crisis Lifeline if you or someone you know needs urgent help. It's free, confidential, and available 24/7.
- **Learn to Live** – Self-guided online program using Cognitive Behavioral Therapy (CBT). It's confidential and can be accessed from anywhere. Sign up [online](#) using access code "PEBB".
- **Providence Health Coaching** – Get help from a health coach to increase activity level, reduce stress, eat better, lose weight, quit tobacco, or feel better. To get started, visit our [website](#) to complete the interest form, call 888-819-8999, or email [healthcoaching@providence.org](mailto:healthcoaching@providence.org).