



MENTAL HEALTH INFORMATION & RESOURCES

Superior Court of California, County of Los Angeles

The Court is committed to supporting the wellbeing of its employees. When you hear, read, or watch news about the Coronavirus (COVID-19) outbreak, you may feel anxious and uncertain. These feelings are normal, and we strongly recommend that employees seek professional help if they or a loved one are having difficulty coping during this rapidly changing time.

The Los Angeles County Employee Assistance Program (EAP) offers free, professional counseling services to employees and their dependents. For information about or to speak to a licensed professional of this program, please call (213)738-4200, or visit <https://hr.lacounty.gov/subsites/EAP/default.htm>.

Additional Help Lines and Resources

- **Los Angeles County Department of Mental Health**
 - 24/7 Helpline: (800) 854-7771 or <https://dmh.lacounty.gov/get-help-now/>
- **Los Angeles County:**
 - Help Line: 211
- **Anthem Blue Cross**
 - 24/7 Nurse Line: (800) 700-9184
 - COVID-19 Resources: <https://www.anthem.com/ca/blog/member-news/how-to-protect/>
- **CAPE/Blue Shield**
 - 24/7 Nurse Line: (877) 304-0504
 - COVID-19 Resources: <https://news.blueshieldca.com/2020/03/06/update-members-coronavirus>
- **Cigna**
 - 24/7 Emotional Support Line: (866) 912-1687
 - 24/7 MD Line: (888) 726-3171
 - COVID-19 Resources: <https://www.cigna.com/individuals-families/health-wellness/topic-disaster-resource-center/coronavirus-public-resources>
- **Kaiser**
 - 24/7 Advice Line: (833) 574-2273
 - COVID-19 Resources: <https://healthy.kaiserpermanente.org/alerts/p1/2019-novel-coronavirus-feb-2020>
- **United HealthCare**
 - 24/7 Emotional Support Line: (866) 342-6892
 - 24/7 Nurse Line: (866) 747-4325
 - COVID-19 Resources: <https://www.uhc.com/health-and-wellness/health-topics/covid-19>