



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
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.

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 click the provider directory to find a provider in your area.

Call 800-878-4445 (available 24/7 for behavioral health or substance abuse concerns)

- **Providence Behavioral Health Concierge** – Schedule a virtual appointment. Call: 877-744-WELL (877-744-9355) from 7 a.m. to 8 p.m. (Pacific Time), seven days a week. You can also visit [Behavioral Health Concierge](#) for more information about scheduling.
- **Providence Pathfinder** – With one click or call, you will be connected to a specialized expert who is dedicated to help you. They will guide you to the answers, virtual tools, or resources you need to support your True Health. Login into your [myProvidence](#) account and contact the program.
- **Talkspace** – Virtual therapy and online counseling. This clinical network gives you access to one of thousands of licensed and verified counselors. Download a copy of the [Talkspace Flyer](#). Download a copy of the [Talkspace FAQ](#). Members can begin registration by visiting Providence’s unique Talkspace webpage: Talkspace.com/ProvidenceHealthPlan
- **Providence Health Coaching** – Increase your activity level, reduce stress, improve your eating habits, lose weight, quit tobacco or just feel better every day. Visit our website to complete an [Interest Form](#). Call: 888-819-8999. Email: healthcoaching@providence.org.
- **Learn to Live** – A virtual self-directed program based on the principles of Cognitive Behavioral Therapy (CBT). It’s confidential, available in English and Spanish, and can be accessible from anywhere. Download the Learn to Live app from the app store to register. You can also visit the [Learn to Live](#) website to register. Call 800-878-4445 to receive your access code.