

King County Mental Health Benefits and Resources

Mental health is an important part of overall health and well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. King County and Balanced You support the mental health of employees in many ways. Whether you're seeking support for yourself or your loved ones, there are many tools, programs and resources available.

Resources for King County Employees

Employee Assistance Program (EAP): Offers free assistance for problems at work, including workplace stress, conflict with co-workers, and supervisor support. EAP is available Monday to Friday from 8am to 5pm.

Website: www.kingcounty.gov/employees/eap

Phone: Heather Steffensen: (206) 477-0631 or Tony Hansen: (206) 477-0632

Making Life Easier (MLE): Provides short-term counseling, legal and financial services, support for caregivers, and other daily living supports. Eight free counseling sessions per issue are provided for employees or anyone living in your home. MLE is available 24 hours a day, seven days a week.

Website: www.KCMakingLifeEasier.com Username: KingCounty

Phone: (888) 874-7290

Mindfulness Training: King County employees can learn how to manage stress with mindfulness training, offered by Balanced You. Contact the Balanced You team for more information.

Email: Balancedyou@kingcounty.gov

Phone: (206) 263-9626

Better Choices, Better Health: These six-week web-based workshops, available at no cost for benefits-covered employees and eligible family members in both King County's Kaiser and Regence plans, are designed for people living with long-term health conditions. Participants receive support while learning about and practicing self-care. Topics can include: handling pain and fatigue, reducing stress, managing medicines, planning healthy meals, designing an exercise program, and communicating with friends and family.

Webpage: <https://enroll-kpwa1.selfmanage.org/>

Phone: 1-888-384-1933

Insurance Benefits for Mental Health and Substance Use

Mental health and substance use are covered benefits under all King County employee insurance plans.

Regence BlueShield members (KingCare and KingCare Select plans):

Members can call the customer service number of the back of your member ID card for assistance in finding a qualified therapist or doctor.

Phone: (800) 376-7926

Kaiser Permanente members (SmartCare):

First-time appointments for mental health and substance use support (regular business hours): Call 1-888-287-2680 or (206) 901-6300

After hours urgent or crisis care: Contact the [Consulting Nurse Service](#) at (206) 630-2244 or 1-800-297-6877, 24 hours a day, 365 days a year

Support for mental health doesn't stop at work. Learn about some of the resources and programs available in the community. (Note: this list is not exhaustive.)

Help Finding Mental Health Resources

National Alliance on Mental Illness (NAMI): Maintains a directory of mental health resources in the community and provides referrals. NAMI also offers free programs for those affected by mental illness.

Website: <http://www.namiwa.org>

Phone: (206) 783-4288

Washington 211: Provides information on Washington's mental health resources and other types of assistance.

Website: <https://www.win211.org>

Phone: 2-1-1

Crisis Connections: Provides phone-based crisis intervention, peer support, and resources for King County and other communities. Programs include the 24-Hour Crisis Line, King County 211, Teen Link, WA Recovery Help Line and WA Warm Line.

Website: <https://www.crisisconnections.org>

Phone: (866) 427-4747

Support for Suicide Prevention and Crisis

American Foundation for Suicide Prevention: Provides support for survivors of suicide loss and those affected by suicide.

Website: <https://www.afsp.org>

Phone: (206) 523-1206

Crisis Text Line: Offers trained crisis counselors available for texting, 24 hours a day, seven days a week.

Website: <https://www.crisistextline.org>

Text: HOME to 741741

National Suicide Prevention Lifeline: National network of local crisis centers that provide free and confidential emotional support for people in distress.

Website: <http://www.suicidepreventionlifeline.org>

Phone: (800) 273-8255

Support for Substance Use and Addiction

Alcoholics Anonymous (AA): Free 12- step program and support for recovery from alcohol use and addiction.

Website: <http://www.seattleaa.org>

Phone: (206) 522-9472

Narcotics Anonymous (NA): Free 12- step program and support for drug use and addiction.

Website: <http://www.seattlena.org>

Phone: (855) 464-7477

Washington Recovery Helpline: Provides emotional support 24 hours a day and offers local treatment resources for substance abuse, problem gambling, and mental health and well as to other community services.

Website: <http://www.warecoveryhelpline.org>

Phone: (866) 789-1511