

MENTAL HEALTH RESOURCES

As the City that Cares, there are many mental health resources available to City employees and their families online and via phone.



EMPLOYEE ASSISTANCE PROGRAM (EAP)



BHS Employee Assistance is a free and confidential resource for all City employees and their household members. Contact BHS at 1-800-327-2251 or at <https://portal.bhsonline.com>. Enter username: CityofChesapeake



OPTIMA HEALTH INSURANCE



Employees who are covered on the Optima HMO, POS, PPO or CDHP insurance plans can call the Behavioral Health Crisis Line at 1-833-717-2310 or the 24/7 Nurse Advice Line at 1-800-229-5522 or visit optimahealth.com.



MDLIVE



Employees who are enrolled in the City's health plan can utilize MDLive for behavioral health services. Those enrolled in the HMO, POS, or PPO plan have a \$0 copay, while those on the CDHP have a \$0 copay after reaching their deductible.

ADDITIONAL RESOURCES

CITY WELLNESS SHAREPOINT

Visit the City's '[A Healthier You](#)' Employee Wellness Program SharePoint page to view pre-recorded webinars on stress-reduction.

MENTAL HEALTH FIRST AID TRAINING

The City offers monthly Mental Health First Aid training opportunities for all employees - contact HR Training at hrtraining@cityofchesapeake.net to attend. If employees would like to schedule a special training for your department, please contact Michelle Morgan-Jackson at mmjackson@chesapeakeibh.net.

OPTIMA WELLNESS AIDS

Employees can visit www.wellnessforme.com to request free resources such as yoga and tai chi DVDs and meditation CDs. Employees do not need to be on the City's health plan to order these resources.



24-HOUR CRISIS LINE

For 24-hour emergency services or crisis intervention call 757-548-7000 to reach the Chesapeake Integrated Behavioral Health (CIBH), Mental Health Division. No appointment is needed to be assessed for services by the Same Day Access team. Walk in Monday through Friday 8:30 a.m. to 1:30 p.m. or call 757-547-9334.

Call or text 9-8-8 or chat 988lifeline.org to reach the National Suicide Prevention Hotline.



If you are looking for more ways to become "A Healthier You," contact Tiffany Griffin, Benefits & Wellness Supervisor, at hrbenefits@cityofchesapeake.net.