



County of Mendocino

2026 Mental Health Resources

Magellan EAP

- ◆ 10 FREE **EAP** counseling sessions per 12-month period per issue
- ◆ Available to all your household members and dependents
- ◆ Confidential – individual information not reported to County of Mendocino
- ◆ In person, virtual, telehealth, or text
- ◆ 24/7 mental health support available
- ◆ **Mind Your Mental Health Microsite**—online resources
- ◆ Call 800-523-5668 (General Employees) or 800-424-4039 (Law Enforcement Personnel) or go online to member.magellanhealthcare.com

BetterHelp (partners with Magellan Health)

- ◆ 10 FREE EAP counseling sessions per 12-month period per issue
- ◆ Unlimited, free group sessions
- ◆ Available to all your household members and dependents
- ◆ Confidential – individual information not reported to County of Mendocino
- ◆ Virtual, telehealth, chat or text
- ◆ Sign up at <https://www.betterhelp.com/magellan/>

Anthem Blue Cross

- ◆ Mental Health benefits are available through the County health plan, subject to plan provisions
- ◆ Confidential – individual information not reported to County of Mendocino
- ◆ Use your **Sydney Health** app or go to anthem.com/login to locate a network provider

LiveHealth Online (partners with Anthem Blue Cross)

- ◆ Copays vary depending on your health plan and provider type – some visits may be as low as \$0! Consult your plan summary for more details.
- ◆ Confidential – individual information not reported to County of Mendocino
- ◆ Virtual visits with a board-certified doctor or licensed therapist
- ◆ Use your **Sydney Health** app, call 888-548-3432 or go online to livehealthonline.com

How to download the **Sydney Health** app:



Scan the QR code with your phone's camera or visit the App Store® or Google Play™.

For personal help with **EAP and BetterHelp** please call 707-234-6600 or email mcwow@mendocinocounty.gov

For personal help with **LiveHealth Online or Anthem Blue Cross** please call 707-463-4441 or email employeehealthbenefits@mendocinocounty.gov