

2025

Mental Health Resources



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Life can be incredibly stressful and the legal profession only adds to this stress. Please don't ever feel ashamed or hesitant to ask for help. The reality is that we all need help in different ways at different times in our life.

Resources that are available through the firm's health benefit plans include – SupportLinc, Aetna, and Kaiser. In addition, resources are available through the Institute for Well Being in Law.

SupportLinc

Employee Assistance benefits are offered to all Farella Braun + Martel employees and their families at no cost. The EAP offers confidential advice, support, and practical solutions to real-life issues.

Services

- 6 free therapy sessions per incident per year – available face-to-face or via video/telephone
- 24-hour crisis help
- Online peer support groups
- Adult and eldercare services
- Financial wellness resources
- Legal services
- Child and parenting services
- Personal advantage resources, articles, videos, and assessments

To access these services,

Call (888) 881-5462 to speak with SupportLinc's care team

Visit supportlinc.com

Download the eConnect Mobile app in the Apple/Google app store

Group Code: farella



eConnect® Mobile

Health & Fitness

★★★★☆ 45

Institute for Wellbeing in Law

The ABA and the [Institute for Well Being in Law](https://lawyerwellbeing.net) work to highlight awareness that mental health issues among lawyers and legal professionals are significant, as are substance abuse and addiction. They are helping firms and individuals find the tools and information to address those challenges. The IWL site has a plethora of cultivated articles, activities, challenges and assessments.

<https://lawyerwellbeing.net/resources-2/>

Aetna Mental Health Resources

Your Aetna Health Plans cover behavioral health services. To learn more or to find an in-network provider, visit your Aetna portal at aetna.com. In addition to the plan benefits, Aetna members have access to the programs below.

AbleTo Behavioral Health Support Program

With the AbleTo program, you'll get virtual, personalized support that can help you feel better. You'll learn how to better manage your emotions and improve your overall health. And your mental and physical health can improve in as little as eight weeks. Plus, this program is already included in your Aetna® membership.

The program can help you:

- Work through these normal emotions
- Know the types of changes you need to make
- Feel like you're in control of your health and life

Contact us:

- Visit AbleTo.com/Aetna
- Call 1-844-330-3648

Meru Health

Meru Health is a personalized mental health program built around continuous support from a dedicated therapist—plus a suite of transformative digital tools. Sign up today to experience the new science of feeling better. The Meru Health therapy program is available to eligible members ages 18 and up. Visit meruhealth.com/aetna to get started.

MindCheck

We all have good days and bad days, good moments and bad ones. MindCheck online tools help you manage your emotional health and focus on the positive. And with practice, you can start feeling better overall.

The MindCheck online tool asks you four simple questions so you can be aware of how you're feeling. You'll be matched to a color and level to provide insight into your emotional health. And the MindCheck site tracks your history, so you can see how your results change over time. Simply go to mindchecktoday.com to get started.

Talkspace

A digital resource that provides virtual access to licensed therapists via live video and private texting, plus psychiatrist services and additional resources. Cost share for live scheduled sessions is the same as cost share for an in-person visit. Visit talkspace.com/aetna for more information.

Kaiser Mental Health Resources

Mental Health Services

Your mind and body are connected. And your thoughts, feelings, and actions affect your overall well-being. We're committed to helping you achieve and maintain optimal mental, physical, and emotional health. Kaiser offers a range of services and support:

- Autism assessment centers
- Child and adolescent mental health
- Clinical evaluation
- Counseling and therapy
- Crisis intervention
- Depression and anxiety resources
- Medication management
- Suicide prevention
- Treatment for substance use disorders

No referral is needed for therapy or counseling. Call your local Kaiser medical center to schedule an appointment. Visit kp.org/mentalhealth to learn how to make the most of the resources available to you with your Kaiser medical benefits.

The Ginger app is available for 24/7 support through your online Kaiser account. Kaiser members can use Ginger for 90 consecutive days at no cost.

- Text with a coach for up to 90 days, discuss goals, concerns, challenges and create action plans
- Access the app resources and utilize self-guided activities

Self-care apps

Adult Kaiser members can download two popular self-care apps for free to support them in their journey to be healthier and happier. Whether you're seeking to build resiliency or mindfulness, you can choose which app works best for you.

Calm – Use daily to lower stress, reduce anxiety, improve sleep through their meditation/mindfulness tools and sleep stories.

myStrength – personalizes a program with activities designed to help you reach your goals and monitor your progress, find tools to assist you in making positive changes to support your overall mental and emotional well-being.

To find more information or download these apps, go to kp.org/selfcareapps.