

# NEED SOMEONE TO TALK TO?

Life can be stressful, be it work, family, or even just day-to-day tasks and responsibilities. It's okay to admit when things feel hard.

Now is a good time to tune in to your mental and emotional health. You have various low and no cost options available, and you can access many of them from the comfort of your home.

Reach out if you or someone in your family needs help.



**SISC**

Self-Insured Schools of California  
Schools Helping Schools

## All Employees and Household Members

### SISC Employee Assistance Program

To access free in-person and virtual therapy, call **800-999-7222**.

## Anthem and Blue Shield PPO and HMO Members

**MDLive** – To access virtual therapy and psychiatry, visit [mdlive.com/sisc](https://mdlive.com/sisc) or call **800-657-6169**.

**VIDA** - To access virtual therapy, visit [www.vida.com/sisc](https://www.vida.com/sisc) or call **855-442-5885**.

## Anthem PPO and HMO Members

To find participating therapists and psychiatrists, use the [Anthem Provider Finder](#) or call the phone number listed on your ID card.

## Blue Shield PPO and HMO Members

To find participating therapists and psychiatrists, use the [Blue Shield PPO Provider Finder](#) or [Blue Shield HMO Provider Finder](#) website or call Shield Concierge at **855-599-2657**.

## Kaiser Permanente Members

**Northern California** - To find participating therapists and psychiatrists, use the [NorCal Kaiser Permanente Location Finder](#) or call Member Services at **866-454-8855**.

**Southern California** - To find participating therapists and psychiatrists, use the [SoCal Kaiser Permanente Location Finder](#) or call Member Services at **833-574-2273**.

All support is confidential.

Our providers will never share your information with your employer.