

# You are invited to visit our Behavioral Health Counselor

EASY SCHEDULING. CONFIDENTIAL CARE. AFFORDABLE SERVICE.



Our Behavioral Health Counselor is fully licensed to practice in the state of California, and available to help you achieve greater balance and resilience. Appointments are confidential and affordable through your health plan benefits.

## We're here to help with a range of behavioral health topics, including:

- + Depression
- + Stress and anxiety
- + Alcohol/substance abuse
- + Screening for ADHD and bipolar disorder
- + Eating disorders
- + Work-life balance
- + Caregiver support
- + Resilience and coping skills
- + Anger management
- + Relationships and intimacy
- + Post-traumatic stress disorder (PTSD)
- + Gender identity and LGBTQ
- + Communication skills
- + Bereavement support

## Affordable care

Your first visit is \$0. Cost is then determined by your health plan as follows:

Health Plan	Your Cost
Cigna Choice	\$0
Cigna Select	\$0
Kaiser	\$0
Wellwise	\$0
Sharewell <sup>1</sup>	\$30, once deductible is met, \$0 <sup>2</sup>

If you are in urgent emotional distress and require immediate help, please contact one of the numbers below for 24/7 support and resources:

- + Employee Assistance Program (EAP): [800.221.0945](tel:800.221.0945)
  - Username: [Orange County ca](#)
  - Password: [eap](#)
- + National Suicide Prevention Lifeline: dial [988](tel:988)
- + In the case of an emergency: dial [911](tel:911)

**EVERNORTH**  
HEALTH SERVICES



1. The County's Sharewell medical plan is classified as a High Deductible Health Plan (HDHP), which means employees are eligible to make contributions to a Health Savings Account (HSA). The IRS has several requirements for High Deductible Health Plans, including requiring that members pay all expenses out-of-pocket until the deductible is met.
2. Until further notice, cost share will not apply for virtual services as regulated by the Federal Government.
3. Virtual visits are available through the MyChart patient portal.

Services are provided by Evernorth Direct Health, LLC and its affiliates. Professional services are provided by Home Physicians 2011, P.C. (IL), Alegis Care - New Jersey, P.C., Alegis Care - Michigan, P.C., Alegis Care - Georgia, P.C., Alegis Care - Pennsylvania, P.C., Alegis Care - Kansas P.A., Sokolow Medical, P.C. (NY) and Cigna HealthCare of North Carolina, Inc., with administrative services provided by Evernorth Direct Health, LLC. MyChart is a registered trademark of Epic Systems Corporation.

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**Location:** County Administration North  
400 West Civic Center Dr., Suite 111  
Santa Ana, CA 92701

**Phone:** 714.834.7028

**Email:** [CountyofOrangeBH@evernorth.com](mailto:CountyofOrangeBH@evernorth.com)

## Hours:

Monday through Thursday: 7:30 a.m. - 2:30 p.m.

Friday: Virtual only<sup>3</sup>

*(Appointment duration is 50 minutes and can be done during break times or by posting leave time. Employees are to request approval from their supervisor in advance if requesting to post leave balances.)*

## Book your appointment today.



Click [here](#) or scan the QR code and select "Counseling" to make an appointment online.

