



# Find Support for Your Mental Health

Get help caring for every part of your emotional well-being with Your Pathway to Wellness

Your Pathway to Wellness is here to support you with various tools and resources.

## Achieve more with WebMD tools

- **Health Coaching:** Work one-on-one with a trained professional, who can help you cope with stress, improve your sleep, and more. It's free, convenient and confidential.
- **Daily Habits:** Choose a goal and track your progress one day at a time.
- **Wellness Videos:** Follow along with guided meditation videos and cooking demonstrations or catch webinar recordings, exercise guides and much more.
- **meEquilibrium:** Discover mental health tools and activities that can help you fight stress, find a work-life balance and more.
- **Enrich:** A financial well-being program that offers tools that can help you achieve your personal money goals.
- **Beyond Well Podcasts:** Stay in-tune with your emotional well-being with these private self-help talks. New podcasts are released weekly.

Get started with WebMD's proven tools at [webmdhealth.com/countyoforange](http://webmdhealth.com/countyoforange).

## More resources from Your Pathway to Wellness

- **Resources for Living:** AETNA EAP is now Resources for Living, a free and confidential benefit that can help you and your eligible dependents improve your well-being and manage everyday concerns.
  - » Log in to your EAP website [resourcesforliving.com](http://resourcesforliving.com).  
**Username:** Orange County ca  
**Password:** eap
- **Mind Companion Self-care:** Build resilience in a few minutes a day with this free and secure self-guided digital program. Click [here](#) to learn more.
- **Wellness Center:** It's a perfect place to rest or get a workout in during your workday. You'll find relaxation pods, yoga classes, meditation room, sound bath classes, cutting-edge exercise equipment and so much more. See all of our resources at [countywellnesscenter.weebly.com](http://countywellnesscenter.weebly.com).
- **Onsite or virtual counseling** – Our Behavioral Health Counselor is here to provide one-on-one counseling and group education on anxiety, stress, depression, family and marriage, trauma and more. Schedule an appointment at 714-834-7028 or [CountyofOrangeBH@evernorth.com](mailto:CountyofOrangeBH@evernorth.com).
- **Headspace** – The world's first integrated mental health platform where coaches, therapists and psychiatrists work as a team to coordinate the best personalized care. Right from your smartphone, whenever you need it. Employees enrolled in a County of Orange health plan can find more information on their health plans' website on how to download the Headspace app to get started. Find more information at [webmdhealth.com/countyoforange](http://webmdhealth.com/countyoforange).
- **Health plan resources** – Access even more well-being resources from Kaiser, Cigna and Blue Shield.
  - » Kaiser – [my.kp.org/oc/](http://my.kp.org/oc/)
  - » Cigna – [campaigns.cigna.com/countyoforange/](http://campaigns.cigna.com/countyoforange/)
  - » Blue Shield – [myoptions.blueshieldca.com/oc](http://myoptions.blueshieldca.com/oc)

