

## Mental Health Resources Overview for VTA Employees

1. **VTA Contracted Therapists** offer free, confidential counseling sessions – individual, family, or group – for VTA employees and their families in a private setting.
  - Dr. Kevin Brock, Licensed Clinical Psychologist (650) 948-1931
  - Christina Collada, Licensed Clinical Social Worker (408) 499-9533
  - Lillian Goldbard, Licensed Clinical Social Worker (408) 202-5479
  - Martina Lee, EMDR Certified Therapist (415) 225-6290
  - Nanci Kim, EMDR Certified Therapist (510) 366-8581
  - Saskia Stockbroekx-Pinto, Marriage & Family Therapist (408) 645-0760

2. **The VTA Employee Assistance Program (EAP)**, provided through Aetna Resources for Living, offers free and confidential counseling services for VTA employees and their household members, available 24/7, 365 days a year.

1-800-962-1306

[www.resourcesforliving.com](http://www.resourcesforliving.com)

Username: valley transportation authority

Password: eap

3. **The 526 Resiliency Center** provides free, confidential support, resources, education, and counseling for VTA employees.

(669) 308-1475 | M – F | 9 AM – 5 PM

345 W. Julian Street, San Jose, CA 95110

[526RC@dao.sccgov.org](mailto:526RC@dao.sccgov.org)

### Wellness Wednesdays: Drop-In Virtual Support

Yeymy Lopez, Licensed Marriage and Family Therapist, offers confidential one-on-one drop-in support every Wednesday.

- Morning session 8 AM – 9 AM or Evening session 7 PM – 8 PM
- Each drop-in session is limited to 30 minutes with an opportunity for a follow-up

4. **The Bill Wilson Center's Centre for Living with Dying** provides individual counseling or small group support for children, adolescents, and adults who are dealing with grief and loss.

Centralized Intake Department: (408) 850-6145 | M – F | 9 AM – 5 PM

<https://www.billwilsoncenter.org/services/cld-registration-form.html>

### Contact Cares Confidential Help Line: (408) 850-6125 | 7 AM – 11 PM

Peer counselors and trained volunteers provide confidential help lines to anyone experiencing a crisis such as: depression, anxiety, grief, loneliness, stress, or general hard times.

5. **County of Santa Clara Behavioral Health Services**

Crisis Support Services - 24/7 Suicide and Crisis Hotline: (855) 278-4204 or text RENEW to 74141



Behavioral/Mental Health Services - 24/7 Call Center: (800) 704-0900


6. **988 Suicide & Crisis Lifeline** provides 24-hour, toll-free, confidential support and prevention and crisis resources for those who are struggling or in crisis.


Call or text 988 or chat [988lifeline.org/chat](https://988lifeline.org/chat)

7. **7 Cups** provides free emotional support 24/7 via online chat. Be heard by trained volunteer listeners and chat with others in support chat rooms.

**ticketsatwork.com** (Company code: VTA)

8.  **betterhelp** Get matched with one of over 35,000 licensed therapists online in 24 hours.
  - Get 50% off your first month of professional online therapy for new users
  - Unlimited messaging with your therapist
  - Switch therapists or cancel anytime
9.  **talkspace** Provides high-quality mental health care to anyone ages 13 and up from the comfort of your device and message via text, audio, and video.
  - Get \$110 off your first month
  - Flexible plans to meet your needs and lifestyle
  - Seamlessly switch providers at no extra cost

10.  **Cope Notes**: Daily mental health support. With just one text a day, you can train your brain to think healthier thoughts. Each randomly timed text message contains a psychology fact, a journaling prompt, an exercise, or some other type of encouragement written by real people facing real challenges, just like you. Feel better and learn to combat stress, anxiety, depression, and more with this easy-to-use tool.
  - Save 20% on any subscription
  - Daily peer support with unlimited journaling
  - No diagnosis, appointments, or insurance necessary
  - Secure, anonymous, and confidential


11.  **AURA** Personalized recommendations for you to find peace every morning, day, and night.
  - Save up to 30% on a mindfulness subscription
  - World-class coaches, therapists, and storytellers
  - Get unlimited access to an exclusive library of wellness tracks
  - Cognitive behavioral therapy (CBT)
  - Sleep tracks personalized just for you


**Kaiser Permanente:**

12. **Kaiser Permanente Mental Health Services** include assessment, treatment, and support for a variety of mental, emotional, and substance use concerns and conditions.




1-800-390-3503 | M – F | 8 AM – 5 PM

13.  **Headspace Care (formerly called Ginger)**: Text one-on-one with an emotional support coach anytime and anywhere.


14.  **Calm:** The #1 app for sleep and meditation designed to help lower stress, and anxiety.

15.  **myStrength:** Build a personalized plan to strengthen your emotional health whenever and wherever you need to with tools to manage stress, depression, sleep, and more.



#### Blue Shield of California:

16.  **CredibleMind** A platform that offers curated evidence-based mental health resources, including self-help tools and assessments, guided programs, coping strategies and therapies articles, and webinars, to support individuals in improving their mental well-being.
17.  **Wellvolution** Offers members top-rated programs to support mental well-being with meditation and other techniques to reduce stress, anxiety, or get access to on demand mental health support.
18.  **Headspace Care:** Confidential text-based mental health coaching.



#### Anthem Blue Cross:

19.  **sydney** Find a virtual or in-person therapist by location or specialty in your Anthem health plan's network through anthem.com or the Sydney Health app.


#### United Healthcare:

20.  **Optum** Provides mental health services, including therapy, telehealth, crisis support, and substance use disorder treatment, aimed at improving overall mental well-being. Express Access providers guarantee an appointment within five days.
21.  **AbleTo** A self-care app to help manage stress, depression, and anxiety with self-care techniques, coping tools, and meditations.

#### Western Health Advantage:

22.  **Optum** Provides mental health services, including therapy, telehealth, crisis support, and substance use disorder treatment, aimed at improving overall mental well-being. Express Access providers guarantee an appointment within five days.
23.  **AbleTo** A self-care app to help manage stress, depression, and anxiety with self-care techniques, coping tools, and meditations.

#### PERS Gold and PERS Platinum:

24.  **healthnet** Offers mental health services for members, including access to therapy, counseling, and support for various mental health conditions. 1-800-539-4072