

Mental Health



Social Connections

Everyone feels lonely sometimes, but long periods of loneliness and social isolation can have a negative impact on your physical and mental wellbeing.

For more information *on mental health resources*, contact your ESSP Representative and/or CDR.

For free & confidential employee & dependent family member counseling, call:

Beacon Health: 1-800-227-9622 (Hourly)
HMSA: 1-800-550-7200 (Hourly)
Total Health/HMSA: 1-888-667-6603 (Salaried)

