**Faculty and staff:**

Kaiser Permanente (KP) Members Mental Health: CLICK [HERE](https://healthy.kaiserpermanente.org/health-wellness/mental-health)

Anthem Members Mental Health: CLICK [HERE](https://www.anthem.com/ca/blog/health-insurance-basics/find-mental-health-care-resources-you-need/?cnslocale=en_US_ca)

HR Website: [Working Through COVID-19](https://admin.lmu.edu/hr/coronavirus/)

[LMU Employee Assistance Program (Free Confidential Counseling and More)](https://admin.lmu.edu/hr/programsservices/wellness/programs/employeeassistanceprogram/)

[MyStrength Anthem Members (Free Online Mobile Program to Support Emotional Well Being)](https://lmu.box.com/s/59sj2uz4t8mkmgwjh8y0bt8yazmz6lkb)

[MyStrength KP Members (Free Online Mobile Program to Support Emotional Well Being)](https://lmu.box.com/s/cubi3clrbsbjbu31xp391fqrf2ftdepl)

[Choose Healthy KP Members (Massage Therapy, Acupuncture, Chiropractor, Digital Workouts)](https://lmu.box.com/s/249yhgakpi6znfjvdnclp8ihafv8do8g)

Faculty/Staff Chaplain: Email Randy Roche S.J. : [Rroche@lmu.edu](mailto:Rroche@lmu.edu)

Wellness Coaching at Work – Email [MyWellness@lmu.edu](mailto:MyWellness@lmu.edu)

Stress Management Consulting at Work- Email [MyWellness@lmu.edu](mailto:MyWellness@lmu.edu)

Wellness Coaching at Work –Email [MyWellness@lmu.eduStress](mailto:MyWellness@lmu.eduStress) Management Consulting at Work-Email [MyWellness@lmu.edu](mailto:MyWellness@lmu.edu)

Students:

<https://studentaffairs.lmu.edu/wellness/studentpsychologicalservices/wellnessgroupsandworkshops/>

<https://studentaffairs.lmu.edu/wellness/studentpsychologicalservices/resources/blmlatinxantiracismresources/>