


Mental health resources for King County employees

	Making Life Easier (MLE)	Employee Assistance Program (EAP)	Kaiser Permanente Insurance	Regence Insurance (KingCare and KingCare Select)	Balanced You
	Employees + household members	Employees	Employees + family enrolled in Kaiser	Employees + family enrolled in Regence	Employees
Virtual counseling	✓	✓	✓ Insurance-based counselors	✓ Insurance-based counselors ✓ Doctor-on-Demand	
In-person counseling	✓	✓	✓	✓	
Crisis counseling (24/7) *	✓				
Psychiatric medication prescribers			✓ Insurance-based prescribers ✓ 24/7 Virtual care	✓ Insurance-based counselors ✓ Doctor-on-Demand	
Text-based coaching	✓		✓ Headspace	✓ Talkspace (KingCare members)	
Online support groups	✓				
Resource referral	✓	✓	✓	✓	✓
Courses + workshops	✓	✓			✓
Addiction support	✓	✓	✓		
Mindfulness programs	✓ Videos & Classes		✓ Calm app		✓ Videos & Classes

* If you are experiencing a mental health emergency, please call 9-8-8 or visit the nearest emergency room.

Mental health resources for King County employees

Making Life Easier (MLE): 24/7 crisis counseling, virtual and in-person counseling, legal and financial support, mindfulness resources, text coaching, online support groups, and more. www.kcmakinglifeeasier.com | 888-874-7290



Employee Assistance Program (EAP): Virtual and in-person counseling for work-related issues, support navigating substance use issues, resources referral, and more. HRDEAP@kingcounty.gov | www.kingcounty.gov/eap | 206-263-8733



Kaiser Permanente Insurance: Virtual and in-person counseling, access to psychiatric medication prescribers, Virtual First Care pathways for help accessing care, 24/7 virtual urgent care, and apps including Calm and Headspace. www.kaiserpermanente.org
206-630-4636



Regence Insurance: Virtual and in-person counseling, access to psychiatric medication prescribers, access to Headway to locate in-network therapists, and Doctor on Demand to access healthcare providers via video chat 24/7. www.regence.com
800-376-7926



Balanced You: Mental health workshops, mindfulness resources, and more. www.kingcounty.gov/balancedyou | 206-263-9626

