



City of Tacoma Mental Health Resources

First Choice Health Employee Assistance Program (EAP): The EAP benefit provides cost-free, convenient, and confidential consultation and work life resources to help manage life's challenges. The EAP is available 24/7, 365 days a year by phone or their website.

- [About Talkspace](#)
- [Talkspace Employee FAQ](#)
- [Talkspace User Guide](#)
- [Work-Life Balance Resources and Consultation Flyer](#)

Kaiser Permanente of WA (KPWA): Kaiser Permanente has broad range of self-care resources — tools, tips, activities, and articles — designed to help you thrive in mind, body, and spirit. Kaiser Permanente members also have access to digital tools like myStrength and Calm, which provide mental wellness and mindfulness resources, at no additional cost. Additionally, Telehealth through KPWA is available at 0%.

- [Healthy Lifestyle Programs; Stay active from anywhere!](#)
- [On-Demand Self-Care Apps \(FREE\)](#)
- [Self-Care Resources](#)
- [ChooseHealthy—Complementary Care Options](#)

Regence Blue Shield:

- [Quartet](#) matches Regence members to outpatient mental health resources based on the member's unique mental health needs and preferences, such as the gender, race, religious affiliation, and/or language of the mental health provider. Quartet's SmartMatch algorithm and Care Navigation team match members to in-person and telehealth outpatient mental health providers who are in-network, have availability, and offer an array of mental health services including (but not limited to) work-related stress, PTSD, trauma, depression, serious illness, etc. to individuals over broad industries.
- [MDLive](#) is a Telehealth benefit that offers virtual mental health services to members. This benefit allows access to board-certified doctors, pediatricians, and licensed therapists via online video, phone, or mobile app for behavioral health and primary care 24/7, 365 days a year.
- [The Active&Fit Direct Program:](#) One membership and thousands of ways to stay active and save money.