



Mental Health Resources for Families and Students

Kaiser Permanente Resources

- [Mental health and wellness services](#): Understand support options and get help.
- [Understanding Your Mental Health](#): Content center with information on where to access care, self-care assessments, and more.
- [Health classes](#) and [support groups](#).
- [Personalized healthy lifestyle programs](#).
- [Wellness coaching by phone](#): For stress, sleep, and more.
- [Self-care apps](#): For emotional support, meditation, mindfulness and cognitive behavioral therapy — including Calm and Headspace Care (formerly Ginger).
- [Self-care resources](#): Online programs to help manage depression, reduce stress, and improve sleep.
- [Find Your Words](#): Public health campaign and resources for stigma, resilience, and mental health support center (*available to all*).
- **Addiction medicine:**
 - Regional: Visit the [website](#) or call 855-632-8280.
 - National: Visit the [website](#).
- [Youth mental health](#): Get support and connect with treatment.
- **Filling Your Cup**: Comprehensive self-care strategies curriculum (*available to all*).
 - This training series is packed with tools and resources to help you focus on your wellbeing.
 - Use [this guide](#) to facilitate discussion and follow-up activities for the e-Learning modules. (Note: This link requires you to set up a no-cost login to the Action Center with our partner at Alliance for a Healthier Generation.)

Moda Health Resources

- **[Meru Health](#)**: Mobile therapy program to help reduce stress, depression, burnout, and everything in-between.
- **[Insight Timer](#)**: Free app for sleep, anxiety, and stress that provides meditation exercises and yoga classes (*available to all*).
- **[Headspace](#)**: Provides guided lessons on mindfulness and sleep (*available to all*).
- **[Gemiini](#)**: Provides resources and support for children with autism spectrum disorder and other developmental disorders. Gemiini's discrete video modeling program is an evidence-based tool that helps children develop language and behavioral skills. Coaches are also available to help families make the best use of the tools and help parents find additional resources to maximize their child's education and development. Access Gemiini from your [Member Dashboard](#) or visit gemiinihealth.com/providers/moda to learn more.
- **[Hazelden Betty Ford Foundation](#)**: Offers an array of resources to help you and your family recover from substance use disorders. Hazelden's "Connection" program offers case management for 11 months following step down from residential treatment to help establish ongoing recovery. Hazelden also offers education for family members, including how to identify substance use concerns in teens and what to do when a family member does not want to seek treatment. Access anonymous and confidential resources at moda-help.hazeldenbettyford.org.
- **[Spring Health](#)**: Provides access to mental health telehealth services using a phone, tablet, or computer. Get matched with experienced providers in an average of 2 days. A clinically licensed care navigator will help you create a personalized care plan in areas you need help with, including care navigation, therapy, coaching, self-guided exercises, and more. Access Spring Health from your [Member Dashboard](#) or visit springhealth.com to learn more.
- **Moda Behavioral Champions**: Our dedicated Behavioral Health 360 Champions bring all the support and tools for mental wellness directly to you. Use Behavioral Health 360 Champions to help you find the right mental health care, services, and support. You can access a dedicated Behavioral Health 360 Champion by:
 - Logging into your [Member Dashboard](#),
 - Emailing bhchampions@modahealth.com, or
 - Calling 833-212-5027 (TTY: 711).

Family and Student Resources

To ensure students stay healthy and educational staff have the support they need, Oregon Health Authority and the Oregon Department of Education are working together to support students and families through a variety of resources.

For Students

- **Oregon Department of Education (ODE):** An updated and extensive array of resources to support early childhood (including [Signs of Distress](#) and Chronic Stress in Youth, [Health, Safety and Wellness](#), as well as [Mental Health and Wellbeing Resources](#)), resources for students in foster care, transformative social emotional wellbeing resources, and more.
- **988 Lifeline:** Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, 988's caring counselors are here for you. Call 988 or visit 988lifeline.org — available 24/7. The hotline is free, confidential, and offers compassionate care and support for anyone experiencing thoughts of suicide or self-harm, substance use, or any other kind of behavioral health crisis. You can also dial 988 if you are worried about a loved one who may need crisis support.
- **YouthLine:** A phone and text support line for youth peer support. Call 877-968-8491 or text “teen2teen” to 839863 — available Monday through Friday from 4 to 10 p.m. PDT.
- **Me Moments:** Students can use this program to help with their needs at school and at home. These activities teach self-control, which means learning to understand and manage your feelings. This skill helps you get ready to learn and get along with others. This program is available in English and Spanish.

For Families

- **National Alliance on Mental Illness (NAMI):** Offers back-to-school resources for talking to your children about COVID-19 and peer support groups for sharing with other parents in a safe and supportive environment.
- **Reach Out Oregon:** Offers live chat, a warm line, and support for any family member needing support — call 833-REACH or 732-2467.
- **Oregon Family Support Network:** Offers peer support, training, and advocacy.

Employee Assistance Program (EAP) Resources

If your employer offers an Employee Assistance Program through Canopy, call 1-800-433-2320 anytime to talk to a real person, no phone tree. See [Canopy's Summary of Services page](#) to learn more.

- **Mental health hotline:** 24/7/365 access to a mental health professional for in-the-moment support and crisis assistance.
- **Counseling sessions:** Up to 8 free counseling sessions per incident, per year — in-person, video, phone, or text therapy options are available.
- **Coaching:** Support to reach personal or professional goals.
- **Anonymous online peer support:** 24/7 moderated platform connecting members to peer communities, discussions, and self-help resources.
- **Enlight (digital cognitive behavioral therapy):** Evidence-based program to help reduce anxiety, improve sleep, build coping skills, and more through guided exercises and progress tracking.
- **Member website and mobile app:** Self-care courses, videos, tip sheets, and forms to support your emotional wellbeing.
- **Resources for life:** Personalized assistance and referrals for life events such as childcare, adult care, housing, support groups, legal and financial questions, identity theft services, pet insurance discounts, fertility health, and more.
- **Critical incident support:** Onsite or virtual response to help staff process and recover from traumatic events.
- **Webinars:** Live and on-demand training sessions covering stress management, resilience, mindfulness, communication, wellbeing, and more.