



Mental Health

We can all benefit from a mental health tune-up.

Whether it's taking a mental health screening, increasing resilience, managing stress and life's demands, or getting support for a mental health disorder—take advantage of your PG&E resources today.

Informational Resources

Tools

Counseling/ Other Support

[Employee Assistance Program \(EAP\) website:](#)

Articles, Managers' Tools, videos, calculators, screening tools, quizzes, and more

Emotional Readiness for Retirement Workshop, email wellness@pge.com

Mental Health Awareness (CORE-9047VL) and Suicide Prevention (CORE-9048VL) for Leaders training on [My Learning](#)

Opioid awareness info. mypgebenefits.com/eap > Opioid Awareness

[Archived webinar recordings](#) on mental health, holistic health, and mindfulness

Live [EAP](#) and [Peer Volunteer Program \(PVP\)](#) presentations at your next meeting

Minds of All Kinds: Access ERG committee focused on mental health and neurodiversity. Email [Heather Holladay](mailto:Heather.Holladay).

Health and wellness resources: mypgebenefits.com

Supervisor manual to EAP: mypgebenefits.com

Management consultations, leader training, work group training, crisis/traumatic event support: 1-888-445-4436

Mindfulness Warriors [Yammer group](#)

[App](#) for mindfulness, yoga, and emotional intelligence

On-demand MyLearning courses: Intro. to Mindfulness-CORE-9040RVL | Mindfulness for the Office-CORE-9041RVL

Live mindfulness sessions: Schedule located on 'Wellness' Outlook calendar

Legal/financial (consultations, discounts, referrals) and **Work/Life** (referrals including dependent care resources): pge.mybeaconwellbeing.com or 1-888-445-4436

PG&E volunteering and giving [opportunities](#)

EAP counseling:

- Onsite counselors: mypgebenefits.com/EAP (available to dependents)
- Appointment scheduler: pge.mybeaconwellbeing.com
- 24/7 1-888-445-4436

Peer Volunteer Program: Confidential help 24/7 for you and your dependents for alcohol/substance use disorders from your trusted co-workers: peervolunteers.org

PG&E medical plan:

- Anthem members: video visits with licensed counselors and psychiatrists livehealthonline.com
- Mental Health and Substance Use Disorder benefit as well as four free primary care visits per year mypgebenefits.com

Applied Behavioral Analysis (ABA) Benefit for Autism: 1-888-445-4436

Did you know?

- 1 in 4 Americans have a mental health condition
- Treatment is effective more than 80% of the time
- Fewer than half seek treatment

