

# OAKLAND COUNTY

## MENTAL HEALTH RESOURCES

### Optum Employee Assistance Program (EAP)

- 5 free mental health sessions for employees and household members
- Life coaching
- Financial & legal consultations

[liveandworkwell.com](https://liveandworkwell.com)

Access Code: Oakgov



### OakFit Well-being

- Lunch 'n' Learns
- Book club
- Fitness classes
- Wellness Wednesday Resets
- Health Screening Incentive
- WeightWatchers

[hr.oakgov.com/wellbeing](https://hr.oakgov.com/wellbeing)



### Teladoc Health

- Virtual therapy
- Psychiatric medication management
- Support for kids and teens
- Coaching & digital programs

[member.teladoc.com](https://member.teladoc.com)



### Calm App

- Meditation & breathing tools
- Sleep stories and relaxation sounds
- Daily mindfulness content

[calm.com](https://calm.com)



**Your well-being matters.**

If you're going through something difficult and need support, you can call or text 988 to reach the Suicide & Crisis Lifeline

