



Mental Health

We can all use a mental health tune-up.

Whether it's taking a mental health screening, improving 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



EAP website: Visit achievesolutions.net/pgae to access articles, Managers' Tools, videos, calculators, screening tools, quizzes, and more.

Emotional Readiness for Retirement Workshop (CORE-9026VL) offered monthly in MyLearning

Opioid awareness information: mypgebenefits.com/eap > Opioid Awareness

Webinars on mental health, holistic health, and mindfulness:

- [Archived recordings](#)
- Live: Announced in Daily Digest

Minds of All Kinds: an Access ERG committee focused on mental health. Email heather.holladay@pge.com to join.

Health and wellness resources: mypgebenefits.com

Supervisor manual to EAP: mypgebenefits.com

Mindfulness Warriors Yammer group

Mindfulness app: Access Whil via the Virgin Pulse app

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

In-person mindfulness sessions: G.O. Wellness Center - schedule on 'Wellness' Outlook calendar | Concord RMC and Bishop Ranch - contact Gerry Marcus for details

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

EAP counseling: Call 1-888-445-4436 or visit pge.mybeaconwellbeing.com for counseling onsite, in your community, via phone, or video

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: Offers a 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

Management consultations, leader training, work group training, traumatic event support: 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

