

June 2025



# Did You Know...

That nearly 1 in 5 adults experience mental illness each year.

We know that sometimes asking for help can be scary, but you're not alone. Below are resources to utilize if you need help. Your mental health matters!

CMSD offers you and your family members an Employee Assistance Program (EAP) to help connect you to the right resources for a specific situation. AllOne Health is the program that can help you reduce stress, improve mental health, and make life easier by connecting you to the right information, resources, and referrals. The Aetna portal offers a provider search feature to help you find in-network providers that best fit your mental health needs.

**All services are free, confidential, and available to you and your family members. This includes access to short-term counseling and the wide range of services listed below:**

## AllOne Health Services

- Mental Health Sessions
- Life Coaching
- Financial Consultation
- Legal Consultation
- Work-Life Resources and Referrals
- Personal Assistant
- Medical Advocacy
- Wellness
- Member Portal and App
- Visit Aetna.com and locate the provider search feature

### Contact AllOne Health

Call: 800-521-3273

Visit: [easeatwork.com](https://easeatwork.com) & select Member Portal & App

Code: cmsdist

## Aetna Services

- Locate the provider search on [aetna.com](https://aetna.com) to filter by specialty to find an in-network physician that best meets your counseling, therapy, or mental health needs!

## Other Resources to Know About

- Headspace for Educators
  - Online therapy, meditations, advice, etc. for your specific needs
  - **Free** access offered to K-12 teachers and supporting staff
  - Start your free subscription by visiting: [www.headspace.com/Educators](https://www.headspace.com/Educators)
- Alma
  - Provides a wide range of counseling and support to children, adolescents, adults and their families who are experiencing emotional challenges.
  - For more information, visit [HelloAlma.com](https://HelloAlma.com) or call the number on your Aetna member ID card
  - [www.helloalma.com](https://www.helloalma.com)
- Better Help
  - Individualized online counseling/therapy at your fingertips
  - Not partnered with Aetna
  - Get a quote today and see if this is the right fit for you!
  - <https://www.betterhelp.com/>

