

# PRIORITIZE YOUR MENTAL HEALTH



## HOUSE STAFF BENEFITS PLAN

Alameda Health Systems  
Santa Clara Valley Medical Center  
Valley Consortium for Medical Education  
Kern Medical Center

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### Employee Assistance Program (EAP)

- Anxiety
- Dependent Care & Caregiving
- Depression
- Drug and Alcohol Dependency
- Education
- Grief Assistance

- Legal & Financial
- Lifestyle & Fitness Management
- Parenting
- Pet Care
- Work Issues

Experiencing any of the personal or family issues listed above? For immediate and FREE assistance, you can reach out via a benefit called [WorkLifeMatters](#). You can talk to a Work Life consultant in real time and get immediate, interactive assistance 24/7. You can schedule services using their online contact form or call 1-800-386-7055.

Lastly, all Californians have access to California Mental Health Resources, where call if you are experiencing problems like stress, depression, anxiety, or drug and alcohol abuse. Please click the link [here](#) to see resources available to you as a resident of California.

If you have any further questions, please feel free to contact the Benefits Office at (212) 356-8180 or via email at [benefits@cirbenefitfunds.org](mailto:benefits@cirbenefitfunds.org), Monday – Friday, 9:00 am – 5:00 pm EST.

Sincerely,  
CIR Benefit Funds Office

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