

# WELL AWARE



A Quarterly Health & Wellness Benefit Message from the EUTF

MAY 2022 | Issue 21

CHECK IN WITH YOUR EMOTIONAL HEALTH—BENEFITS TO KNOW ABOUT:

## HMSA Members

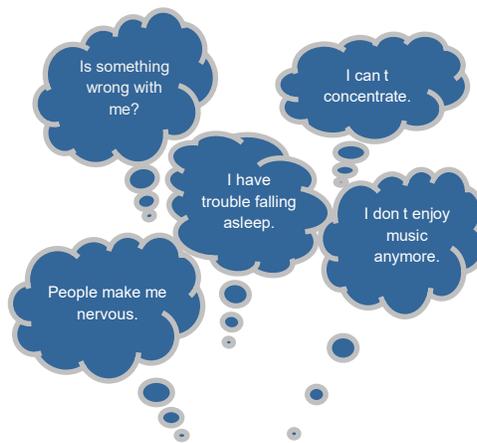
It's OK to get help.  
Prioritize your mental health.

Everyone faces challenges that impact their mental and emotional health. Getting help can sometimes feel difficult or embarrassing, but it's important to know that mental health challenges are common. In 2020, one in five American adults experienced a mental illness according to the [National Alliance on Mental Health](#).

That same year, [26.3 million people](#) got mental health services online. That's because telehealth is one of the easiest ways to get the help you need. With [HMSA's Online Care®](#), you can connect with a therapist or counselor at no cost 24/7, 365 days a year without leaving home.

Not sure where to start? [HMSA's Behavioral Health Program](#) can connect you or your loved ones to condition-specific behavioral health resources, education, and other support services. We can also make referrals to behavioral health providers and provide case management services. To learn more about the program, call (808) 695-7700 or 1 (855) 856-0578.

Are emotions consuming you?  
Talk to a professional, here's how.



[EUTF Behavioral Health Plan Benefits and Resources](#)

## Kaiser Permanente Members

When basic needs aren't met, mental health suffers.

At Kaiser, no matter where you start, you'll be supported by care teams who can connect you to the appropriate mental health and wellness resource.

To schedule an appointment, call us Monday through Friday, 8 a.m. to 5 p.m.: On Oahu call (808) 432-7600 on the neighbor islands call 1 (888) 945-7600. Explore our online and telephonic resources:

[kp.org/mentalhealth](https://kp.org/mentalhealth): Learn about mental health and wellness, or substance use services at Kaiser Permanente, including what to expect and how to get care.

[kp.org/stressmanagement](https://kp.org/stressmanagement): Get tips to manage stress, try quick exercises to find calm in the moment, or listen to a podcast.

[kp.org/selfcareapps/hi](https://kp.org/selfcareapps/hi): Kaiser members can explore interactive activities, in-the-moment coping tools, community support, and more at no cost.

Hawaii Employer Union Health Benefits Trust Fund  
Contact us at [eutfwellness@hawaii.gov](mailto:eutfwellness@hawaii.gov)