

Behavioral and Mental Support resources

Employee Assistance Program (EAP)

Benefit-eligible Faculty and staff are encouraged to utilize the [Washington State Employee Assistance Program \(EAP\)](#) for confidential counseling and referral services.

The EAP offers [24/7 in-the-moment crisis counseling by phone](#) for individuals in crisis. Please call 877-313-4455 and select option 2 to speak with the on-call counseling service.

Another resource separate from EAP is the [988 Suicide and Crisis Lifeline](#). Anyone in suicidal crisis or emotional distress can dial the hotline at 9-8-8.

Mental and Behavioral Health Services through our Benefit Plans

Individuals eligible for employee benefits offered through the university have counseling services available as part of their benefit package. Certificates of Coverage for each of the plans, which provide details on behavioral health/mental health services coverage, are available at hrs.wsu.edu/medical-insurance. Questions about services and coverage may also be directed to the plans:

Uniform Medical: 888-849-3681

Kaiser Permanente WA: 866-648-1928

Kaiser Permanente NW: 800-813-2000

All the benefit plans also provide access to **myStrength**, a digital program with tools and support for stress, depression, sleep and more. This resource can be accessed as a mobile app. To sign up for this tool, click on your medical plan provider:

[Uniform Medical](#)

[Kaiser Permanente WA](#)

[Kaiser Permanente NW](#)

In addition to **myStrength**, the individual plans also have other behavioral health resources.

Kaiser Plans also offer **Calm**, a meditation, and sleep assistance resource to assist with lowering stress and anxiousness. **Ginger** provides a one-on-one emotional support coach, 24/7 and self-care resources.

Uniform offers **Quartet** and **Doctor on Demand**, telemedicine behavioral health programs offering a variety of behavioral health services.