



Mental Wellbeing Support Available to Employees

COUNSELING, THERAPY & MORE (5 options) :

Personal Assistance Services (PAS) offers many mental wellbeing services free of charge, to all employees and their dependents.

- Counseling is available virtually and in person
- In the moment support is available, just a call away
- Confidential services include counseling/therapy for areas of such as: relationship strengthening, stress management, grief, anger, depression, anxiety and trauma, substance use concerns (and many more)
- Life management services, with professionals including childcare and elder care managers, Attorneys and Financial Planners

How can I access it?

- Via Phone, 800-356-0845, available 24/7/365

- Via Website, www.MyPASEAP.com , organization code is Parkway SD. If you have not created an account, you will need to create one before accessing resources.



- Download and use the app →

Virtual Therapy provides quick and easy access to behavioral health professionals and therapy from your home. This is not immediate support but support can be scheduled with this option. This benefit is through **United Healthcare** for staff on the UHC medical plan and copayments can be charged.

How can I access it?

- [Complete informational flyer](#)
- [How to locate a provider on myuhc.com](#)

New! [Calm Health app](#) from UHC provides programs and tools to help support your mental health and well-being at your own pace. As a UnitedHealthcare member, Calm Health is included in your health plan and available at no additional cost.

How can I access it?

- Sign into your myuhc account
- Use the QR code on the link flyer

Mental Health Professional at Care ATC. You can receive counseling virtually, or in-person. [View complete details here](#)

The benefits of working with Erin Keller, LCSW, Mental Health Professional:

- Low or No Cost* - All health center eligible members have access to mental health services (* = a \$40 dollar fee will apply to HSA participants)
- Personalized Care Plan - strategically focused on your personal goals and built on your strengths to help you improve your overall health and well-being.
- Confidential - CareATC complies with all HIPAA regulations.

How can I access it?

- Call 314-314-7434
- www.careatc.com/patients
- Use the Care ATC app

eMLife offers live, interactive and on-demand mindfulness programs led by expert teachers via app or web platform. eM life is free to all Parkway employees.

How to access instructions (code is Parkway SD)

I'm a CAREGIVER and I need HELP:

[Personal Assistance Services](#) offers support for caregiving including elder and childcare. For elder care, they offer care coordination, financial consultation, elder care coaching as well as mental health support. For childcare, they offer parenting coaching and childcare consultation. To access these services, you will need to login to PAS (see details, first item on this page).

- [PAS resources for caregiving](#) (after login)
- [Mental Health America Caregivers Guide](#)
- [MHA Caregivers Hub](#)
- [MHA Sandwich Generation Importance](#)
- [Caregiver Support for Alzheimers and Dementia](#)

I need FINANCIAL RESOURCES:

Please check out the financial wellbeing tools available to Parkway employees [Financial Wellbeing Resources '25](#)

URGENT CARE/WALK IN MENTAL HEALTH CLINIC:

[Behavioral Urgent Care Center](#) - This is a walk-in clinic, through SSM in Bridgeton that will treat both adult and pediatric patients. The Center could be an excellent option for immediate behavioral health needs versus the ER. [More information](#)

IMMEDIATE ACCESS HELPLINES (For the General Public):

- [SAMHSA Helpline](#) provides 24-hour free and confidential help. You can get treatment referral and information about mental health and drug or alcohol use disorders, prevention, and recovery in English and Spanish.
 - Call: 1-800-662-4357
 - Text your ZIP code to: 435748
- **Call or text 988, the [Suicide and Crisis Lifeline](#):** connect with mental health professionals 24/7

MORE:

- Explore these excellent resources from Mental Health America including [how to help someone that's not fine, dealing with tough situations and looking for good.](#)

- Online Screening Tests from MHA- not feeling right but not sure where to start? Try a screening test with no login needed from [Mental Health America](#)
- Tools to conquer workplace stress through eM life [learn more](#)
- Headspace- offers mindfulness for less stress, less burnout and more resilience with a free account for all employees [Check it out](#)

This is a consolidated list of mental wellbeing resources. There are more wellness resources available on the [Employee Wellness Site](#). Questions? Leah Gonzalez, Coordinator of Employee Wellness, lgonzalez1@parkwayschools.net or 415-8034.