



# COUNTY OF LOS ANGELES DEPARTMENT OF HUMAN RESOURCES

HEADQUARTERS  
579 KENNETH HAHN HALL OF ADMINISTRATION • LOS ANGELES, CALIFORNIA 90012  
(213) 974-2406 FAX (213) 621-0387

BRANCH OFFICE  
3333 WILSHIRE BOULEVARD • LOS ANGELES, CALIFORNIA 90010  
(213) 738-2211 FAX (213) 637-0820

**LISA M. GARRETT**  
DIRECTOR OF PERSONNEL

April 15, 2020

To: All County Employees

From: Lisa M. Garrett  
Director of Personnel

Jonathan E. Sherin, M.D., Ph.D.  
Director of Mental Health

## **ANNOUNCING EXPANDED EMPLOYEE ASSISTANCE AND RESOURCES**

The Department of Human Resources (DHR) and the Department of Mental Health (DMH) are pleased to announce the launch of several new resources designed to support our County workforce during these difficult times.

### **New Life Assistance Program**

Beginning today, DHR's Employee Assistance Program (EAP) has been expanded to provide free 24-hour crisis intervention support and EAP counseling services for County employees and their families. This new 'Life Assistance Program,' the result of a partnership between the County and Cigna Behavior Health, will include access to virtual counseling and offers both video and telephone appointments. All EAP services are available at no cost to all County employees, regardless of their medical and life insurance plans, and remain completely confidential.

Please see the attached flyer (Attachment I) for more information on how you can begin using these services today.

### **Los Angeles County Employee Wellbeing Line**

To address the specific needs of our County's first responders (i.e. health workers, emergency responders, social workers, and correctional officers), DMH has developed the new LA County Employee Wellbeing Line in partnership with the Luskin School at UCLA. The Wellbeing Line, which will launch on Monday, April 20, 2020, will provide support for the unique challenges front line staff and first responders are experiencing as they continue to serve LA County's most vulnerable residents.

Additional information on the Employee Wellbeing Line can be found in the attached flyer (Attachment II).

### **Headspace**

DMH is also offering free subscriptions to Headspace mental health application for all County employees. Headspace features more than 1,000 hours of guided educational content to promote mindfulness, relaxation, empathy, restful sleep and overall wellbeing. County employees can enroll in headspace at <https://work.headspace.com/lacdmh/join> to begin proactively supporting their overall wellbeing.

If you have any questions about this offer, please refer to the attached Frequently Asked Questions document (Attachment III) or email [teamsupport@headspace.com](mailto:teamsupport@headspace.com).

### **Department Specific Resources**

Many County Departments also have peer-to-peer counseling and support services unique to their workforce. We encourage all employees to reach out to your department's Human Resources Office to find out what additional services may be available to you.

We know that the current COVID-19 crisis is challenging for our entire County family and we hope that these new resources will help to ease the stress we are all feeling as we take care of ourselves, our loved ones, and the residents of LA County.

Should you have any question on the new Life Assistance Program, please contact Maggie Martinez at [mmartinez@hr.lacounty.gov](mailto:mmartinez@hr.lacounty.gov). Questions about the LA County Employee Wellbeing Line or Headspace app can be addressed to Regina Waugh at [RWaugh@dmh.lacounty.gov](mailto:RWaugh@dmh.lacounty.gov).

LMG:PAM:MGM  
BAK:lz

### **Attachments**

- c: Department Heads
- Chief Deputies
- Administrative Deputies
- Departmental Human Resources Managers