

# MENTAL HEALTH & COMMUNITY RESOURCES



[988 Suicide & Crisis Lifeline](#)

[Talkspace](#)

[Betterhelp](#)

[Charlie Health](#)

[Rula](#)

[Psychology Today](#)

[Mental Health Specialty Group](#)

California Active Participants

[Operating Engineers Local 3 Trust Fund](#) | [Kaiser Permanente](#) | [Anthem Find Care](#) | [MedExpert \(800\) 999-1999](#)

Retired Participants

[Operating Engineers Local 3 Trust Fund](#) | [Kaiser Permanente](#) | [Anthem Find Care](#)

Utah Participants

[Operating Engineers Local 3 Trust Fund](#) | [Anthem Find Care](#)

Hawaii Active Participants

[Operating Engineers Local 3 Trust Fund](#) | [Kaiser Permanente](#) | [HMSA Find Care](#)

Northern Nevada Participants

[Northern Nevada Trust Fund](#)

Public & Miscellaneous Employee Participants

[Public & Miscellaneous Employees Trust Fund](#) | [Kaiser Permanente](#) | [Anthem Find Care](#)

[Essential Community Resources](#)

[Alcoholics Anonymous](#)

[Narcotics Anonymous](#)

[Marijuana Anonymous](#)

[Gambling](#)

[Al-Anon Family Groups](#)

[Nar-Anon Family Groups](#)

[National Domestic Violence](#)

[FMCSA Clearinghouse \(Federal Motor Carrier Safety Administration\)](#)

[SAMHSA \(Substance Abuse & Mental Health Services Administration\)](#)

[Recovery.com](#)