



# Mental Health Guide for CPS Employees

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### | CPS Resources |

#### [Be Well Employee Wellness Program](#)

The Talent Office launched the [Be Well Employee Wellness Program](#), a district wide initiative to support the holistic wellness of all CPS employees. Be Well is rooted in eight dimensions of wellness: mental, emotions, physical, social, occupational, financial, environmental, and spiritual. The Be Well mission is to provide high quality wellness offerings that meet the needs of our diverse population with the goal of supporting our employees where they are on their wellness journey as whole individuals.

Be Well offers on-demand, self-paced, and [scheduled virtual](#) and in-person opportunities that cater to the unique needs of our employee population. Below is a list of our key partners and offerings supporting mental and emotional well being for employees.

#### [Sharecare](#)

This app empowers you to take control of your healthcare anytime, anywhere and manage your health in one place and live a happier, healthier life. This 24/7 on-demand resource helps you find the right doctor, connect with CPS partners for chronic condition support, prioritize your mental health, navigate insurance claims, and much more—all on your terms.

With Sharecare, employees and covered dependents can:

- Find a provider in your network
- Review your claims
- See a cost-breakdown of your care
- Access a personal health advocate who can answer any questions you may have about your health benefits
- Access guided wellness programs that can help you reduce your stress and anxiety, learn more about fitness and nutrition, and more!

**Who is eligible to use Sharecare?** All District employees who are enrolled in any CPS BCBS medical plan and their covered spouse or adult dependents. Employees (as well as their spouses/partners) will need their 9-digit employee ID number to register.

**How to Get Started:** To get started, visit [cps.sharecare.com](https://cps.sharecare.com) to [register](#) and create a user ID and password. Make sure you register from a web browser on your computer or mobile device at [cps.sharecare.com](https://cps.sharecare.com). Once you've created your account, simply download the Sharecare app for the ultimate experience and explore all the benefits and programs that



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are available for you. Need help getting started? Call Sharecare Customer Service at (866) 831-2248, or visit [support.sharecare.com](https://support.sharecare.com).

Reference this [overview video](#) or this [flyer](#) for more detailed information. If you have any questions, please contact us at 773-553-HR4U (4748).

### **Employee Assistance Program (EAP)**

ComPsych's [EAP](#) offers a plethora of mental/behavioral health, legal assistance, child & elder care and well-being resources for **all CPS staff** and their household members in following engagement efforts:

- **Connect Me to live services and care options:** finding a therapist or well-being coach, talk with an expert, and work-life resources.
- **Guide Me to my resources and services:** self-guided resources and support for emotional, physical health, work & life, legal and financial health.
- **Assess Me based on unique profile and needs:** offers an assessment, results, develops a personalized well-being plan, and tracks progress.

Participants, including household members, can receive **up to 5 free counseling sessions** - per member, per topic, per calendar year. In addition, members can receive **unlimited support** for work/life balance challenges and legal counsel assistance.

Access your ComPsych account at [guidanceresources.com](https://guidanceresources.com) by using the Web ID: **EAPIL** or calling **1-800-890-1213**. View the [EAP flyer](#) for more information. View the [BCBS Member Registration Guide](#) and [Non-Member Registration Guide](#) for registration information.

*A reminder that Chicago Public Schools does not receive, nor have access to, any participant information for any CPS staff or family member that registers for the EAP ComPsych is committed to protecting the confidentiality of all participants' information, including Protected Health Information (PHI).*

### **BCBSIL Counseling Services**

As a CPS employee with a BCBS IL healthcare plan, you can access counseling and substance abuse recovery services. If you are enrolled in the PPO or PPO with HSA medical plan, contact BCBSIL at [bcbsil.com](https://bcbsil.com) or call (800) 851-7498 to access services. Provider listings are subject to change.

If you are in the Blue Advantage HMO plan, contact your primary care physician to receive services. All calls and services are strictly confidential. Members can contact Customer



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Service at the number on the back of their ID card, or can send our Customer Service team a question via secured message through BAM.

### **[BCBSIL Mental Health Hub](#)**

The [BCBS Mental Health Hub](#) can help guide you to the best care for your needs. [The Hub](#) is an online tool that provides access to mental health providers, videos, podcasts, articles and more. When you first access the hub, take the Wellness Check-In Assessment, which will provide a list of recommended resources based on your answers. You can retake this assessment as many times as you like to track your progress, and you can use it for covered dependents, including children, too. [Here is a quick video.](#)

### **[CPS Office of Student Health and Wellness](#)**

In honor of National Suicide Prevention Month and Overdose Awareness Day/Recovery Month, OSHW has compiled a helpful collection of resources for staff, underscoring why ensuring good mental health among students and staff is a top priority for our District.

### **[Big Health](#)**

[Sleepio](#) and [Daylight](#) are digital platforms tailored to address various mental health concerns. They target a wide range of conditions that are highly comorbid with poor sleep and anxiety, including, mental health conditions, other health conditions, insomnia, anxiety disorders, depressive disorders, adjustment disorders, PTSD, substance use disorders, diabetes, chronic pain, cardiovascular disease, gastrointestinal problems, blood pressure, cancer, and rheumatoid arthritis. All CPS employees are eligible for these free digital apps.

### **[Body and Brain](#)**

Body & Brain teaches Korean style yoga, tai chi, breathing, and relaxation exercises in quick and effective classes that everyone can enjoy. For over 28 years, they have been helping people manage stress, improve their overall health and energy level, and improve their focus and peace of mind. Explore their virtual offerings and classes via their [website](#) as well as by participating in SY2025-2026 webinar dates below. All webinars will be at 9 am, [register here.](#)

[Mindfulness: Establishing Healthy Boundaries](#) - Friday, September 26th

[Mindfulness: Finding Inner Peace](#) - Monday, January 5th

Mindfulness: Compassion for Self & Others - Tuesday, February 17th

Mindfulness: Managing Mental Fatigue - Tuesday, March 17th



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Mindfulness for Stress Reduction in Daily Life - Friday, April 3rd

### [Be Well Well-being Webinar Series](#)

Be Well is partnering with ComPsych to host the following [Well-being Series](#) for SY2025-2026. Webinars are available to all CPS staff. A copy of the recording along with webinar materials will be sent to all registrants. If you are interested in developing a professional development webinar specifically for your team, please contact [BeWell@cps.edu](mailto:BeWell@cps.edu).

### [Be Well Resiliency Webinar Series](#)

In the midst of recent district changes, it is important that we provide staff with tools, resources and skills that are relevant to your daily workplace & personal challenges and experiences. We invite you to participate in the Resiliency Webinar Series during the months of August and September that include topics such as “CTPF - Understanding Pension Benefit,” “Coping During Uncertain Times” and, “Bouncing Back After a Setback.”

### [Alkeme Health Mental Wellness Workshops](#)

As part of this partnership, Alkeme Health offered a series of virtual workshops specifically designed to address the unique mental health challenges faced by our community. These workshops will provide culturally aligned insights and practical strategies to support mental wellness in our staff.

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## | City Resources |

### [NAMI Chicago](#)

NAMI Chicago promotes community wellness, breaking down barriers to mental health care and providing support and expertise for families, professionals and individuals in Chicago and beyond.

### [2-1-1 Metro Chicago](#)

Need help and don't know where to turn? @211MetroChicago is a free and confidential helpline offering 24/7 access to a trained, local specialist who will connect you to food, housing, utility assistance, access to health care, and other vital resources. **Call 2-1-1** or visit [211MetroChicago.org](https://211MetroChicago.org)

- Mental Health Crisis Intervention/Suicide Prevention: **1-800-248-7475** (trained counselors available 24 hours a day)



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### [CDPH Mental Health Services](#)

The Chicago Department of Public Health (CDPH) is committed to ensuring all residents have access to high-quality mental health services. For those with insurance, the benefits of accessing mental health services through these community health partners may include: integrated mental health and medical treatment; expanded service options, including additional service locations and hours; improved prescription drug coverage; and reduced expenses related to co-pays. For residents without insurance, the Department provides clinical mental health services in 5 CDPH-operated clinics throughout the City of Chicago.

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## | State Resources |

### [Illinois Department of Human Services Help Lines](#)

The Illinois Department of Human Services (IDHS) provides a list of state and national crisis hotlines including: Crisis Text Line, Helpline for Opioids, and Veterans Crisis Line.

### [988 - Suicide & Crisis Lifeline \(24 hour\)](#)

If you or a loved one are experiencing a mental health crisis you may **call or text 988**, the 24-hour Suicide & Crisis Lifeline. You will be connected to the closest possible crisis center in your area. Dial 2 for Spanish. Go to the [988 HotLine Illinois website](#) for more information.

### [Illinois Helpline for Opioids & Other Substances](#)

If you or someone you know is suffering from an opioid use disorder or other substance use disorders, call the Illinois Helpline for Opioids and Other Substances at **1-833-2FINDHELP (833-234-6343)** to speak with a trained professional for support and advice or to be directed to customized resources.

### [Illinois Warm Line](#)

If you or one of your family members has mental health and/or substance use challenges and would like to receive support by phone, call the Illinois Warm Line at **866-359-7953**. Wellness Support Specialists are professionals who have experienced mental health and/or substance use recovery in their own lives. They are trained in recovery support, mentoring, and advocacy and are ready to listen and support you. The Warm Line is not a crisis hotline, but is a source of support as you recover or help a family member to recover.

Hours of Operation: Monday through Saturday, 8:00 a.m. - 8:00 p.m. except holidays



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### | National Resources |

#### [Depression and Bipolar Support Alliance](#)

Depression and Bipolar Support Alliance (DBSA) is the leading national organization focusing on mood disorders, including depression and bipolar disorder, which affect over 21 million Americans. DBSA offers peer-based, wellness-oriented support and empowering services and resources available when people need them, where they need them, and how they need to receive them—online, in local support groups, in audio and video casts, or in printed materials distributed by DBSA, our chapters, and care facilities across the US.

#### [National Alliance on Mental Illness](#)

National Alliance on Mental Illness (NAMI) offers an array of outstanding peer-led programs that provide free education, skills training and support. Discover which education program or peer support group is right for you. NAMI HelpLine is here for you available Monday Through Friday, 10 A.M. – 10 P.M. ET. **Call 1-800-950-NAMI (6264), text “HelpLine” to 62640** or email us at [helpline@nami.org](mailto:helpline@nami.org)

#### [National Institute on Mental Health](#)

The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders. NIMH’s mission transforms the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure. NIMH has a wealth of resources to share including [“warming signs of suicide”](#) among other topics.

#### [SAMHSA - Substance Abuse and Mental Health Services Administration](#)

Free and confidential treatment referral and information service available 24 hours a day 7 days a week. **Call 1-800-622-4357 (HELP)**

#### [Crisis Text Line](#)

The Crisis Text Line serves anyone, in any type of crisis, 24-hours a day. **Text HELLO to: 741741.** Trained crisis counselors will respond and help you.

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