



Care for the **CAREGIVER**

Keck Medicine of **USC**

Mental Health Resources

- **Care for the Caregiver Emotional Well-Being Hotline**
 - Non-crisis emotional well being concerns and mental wellness
 - (323) 865-9897
- **USC WorkWell Center**
 - Solution-focused counseling and executive coaching
 - (213) 821-0800 or workwell@usc.edu
- **Keck Medicine of USC Chaplain Symeon Yee**
 - For spiritual support regardless of religion or faith
 - (323) 442-8488 (M-F, 8am-5pm, non-urgent)
 - (323) 442-8500 (after-hours, urgent)
- **Lyra Mental Health**
 - USC EPO/PPO covered employees get up to 25 free emotional and mental well-being support sessions per calendar year
 - usc.lyrahealth.com
- **Psychiatry Outpatient Clinic at Keck**
 - Outpatient mental health treatment from USC Keck
 - (323) 442-6000
- **PsychologyToday.com**
 - Find mental health services in your area by insurance, gender, price, etc.
- **Suicide Prevention Lifeline (24 hours)**
 - 9-8-8
- **National Alliance on Mental Illness HelpLine (M-F, 7am-7pm)**
 - 1-800-950-NAMI (6264)

C4C Hotline available Monday through Friday, 8 a.m. to 5 p.m.

Questions, email: CareForTheCaregiver@med.usc.edu.