

EAP Website: How-To-Guide

EFFECTIVE JULY 1ST, 2011, EMPLOYEE ASSISTANCE PROGRAM SERVICES THROUGH MHN HAVE BEEN EXPANDED TO INCLUDE AN INTERACTIVE EAP WEBSITE PORTAL. FOR INFORMATION ON HOW TO ACCESS THESE NEW SERVICES, PLEASE SEE THE HOW-TO INSTRUCTIONS BELOW.

(SEE ENCLOSED "TAKE CHARGE OF YOUR WELLBEING" HANDOUT FOR MORE INFORMATION)

www.members.mhn.com
Company Code: mendocino

The My Benefits tab includes information specific to the County of Mendocino's EAP benefits

Click on the Find a Practitioner tab to find a list of local providers in the MHN network. List is updated every 30 days.

Log In/Register **My Benefits** My Account Member Matters En Español Contact Us Find a Practitioner

Home Emotional Health Wellness Family & Relationships Work & Life Self Help e-Learning Tools & Calculators Topics A-Z

It's About You.
 Your Employee Assistance Program provides a wealth of resources for a healthier, happier life.
[Start here](#)

Our Member Poll
 June is Men's Health Month. Guys -- how do you stay healthy?
 Exercise regularly
 Eat a healthy diet
 Don't smoke
 Manage stress
 None of the above
 You may select up to 5 answers. [Submit](#)

Immediate Crisis Support
 Need to talk to someone right away? Please call MHN at **(800) 535-4985**.
 TDD: (800) 327-0801
 24/7 FREE CONFIDENTIAL

Good News!
 These [Tips for Healthy Weight Management](#) can help you beat the battle of the bulge.

Unlock Your Potential
 Discover your strengths and weaknesses and get personalized recommendations for self-improvement with our new [Wellbeing Assessment](#).

Contact Us
 Have a question or comment? We want to hear from you.
[Contact Us](#)

About Us FAQ Ask Our Expert Terms & Conditions Privacy Policy Secure Messaging

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 Programs
 Videos & Slideshows

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- Assessments
- Programs
- Videos & Slideshows

The company code 'MENDOCINO' will allow you access to most portions of the website. If however, you see the icon next to a tab, this means that you need to create an individual user ID to access that portion of the website. Once you log in, the padlock icon will unlock.



TAKE CHARGE OF YOUR WELLBEING

MHN'S MEMBER WEBSITE CAN HELP

MHN's member website gives you access to a wide range of tools and information to help you take charge of your wellbeing and simplify your life. Easy to navigate, it's full of reliable articles, self-help programs and other valuable resources that can help you tackle life's challenges.

TAKE CARE OF YOURSELF

Visit members.mhn.com for helpful information and powerful emotional health and work-life tools. From the comfort and convenience of your own computer, you can:

- » View your online and offline EAP benefits
- » Search for an MHN counselor and get a referral
- » Ask our expert an emotional health question
- » Take our new and improved online health risk assessment
- » Access self-help programs for stress, weight management, nutrition, fitness, smoking cessation and stress management
- » Access current and previous issues of *Member Matters*, our monthly online newsletter about health, wellness and work-life balance

EXPERT ADVICE AND INFORMATION

You can also rely on MHN for helpful tips and tools to support healthy lifestyle decisions and behavior, including:

- » Helpful information, tips, tools and calculators to help you with finances, legal issues, retirement planning and much more
- » Online childcare and eldercare directories, searchable by location and provider type
- » Articles on:
 - Stress, depression, grief, anxiety and other emotional health issues
 - Health and wellness
 - Parenting, relationships and family issues
 - Financial and legal issues and estate planning
 - Other work-life challenges
- » Health tips, healthy recipes and alternative health library

Note: Some restrictions may apply to the services listed. To obtain a referral to a counselor, you will be prompted to supply additional information.



MHN ONLINE

members.mhn.com

company code: **mendocino**

For telephonic help, call MHN at:

(800) 535-4985

TDD: (800) 327-0801

