

OFFICIAL UNION NOTICE – PLEASE POST

UFCW LOCAL 7 COUNSELING & MENTAL HEALTH RESOURCES

For counseling or Mental Health issues concerning the recent tragedy at the King Soopers in South Boulder please contact:

- **MINES & Associates** at 1-800-873-7138 or visit www.MINESandAssociates.com
Available to Union members who have United Healthcare as their selected provider
- **Kaiser Permanente** Denver/Boulder and Northern Colorado: Call 303-471-7700 or 1-866-359-8299 (TTY 711), Monday through Friday, 7 a.m. to 7 p.m.
 - Additional Self-Care Resources are available at:
 - Mental health online: www.kp.org/mentalhealth
 - Self-care resources online: www.kp.org/selfcare*Available to Union members who have Kaiser Permanente as their selected provider*
- **OPTUM** is available 24 hours a day and 7 days a week at 866-342-6892 or visit www.liveandworkwell.com
Available to anyone and everyone, regardless of whether or not they have Optum/UHC coverage
- For additional resources visit www.ufcw7.org

