

OFFICIAL UNION NOTICE – PLEASE POST

# UFCW LOCAL 7 MENTAL HEALTH RESOURCES

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

- **King Soopers EAP** (Employee Assistance Program) Magellan Healthcare 1-800-547-1442  
*Available to both Union & Non-Union Workers*
  
- **MINES & Associates** at 1-800-873-7138 or visit [www.MINESandAssociates.com](http://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](http://www.kp.org/mentalhealth)
    - Self-care resources online: [www.kp.org/selfcare](http://www.kp.org/selfcare)*Available to Union members who have Kaiser Permanente as their selected provider*
  
- For additional resources visit [www.ufcw7.org](http://www.ufcw7.org)

