

Caring for your mental health



Mental health is a vital part of our health and well-being. Many things can lead to poor mental health. This may include stress, loneliness, poor physical health, and life trauma. Join us as we talk about how to cope with loss, manage stress, and build a healthy support system.

To register, call:

(562) 613-5118, 8:30 a.m. to 5 p.m.,
Monday through Friday

For more information, call Customer Service:

(800) 605-2556 (TTY: 711), 8 a.m. to 6 p.m.,
Monday through Friday

Join us:

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Blue Shield of California Promise Health Plan is contracted with L.A. Care Health Plan to provide Medi-Cal managed care services in Los Angeles County. L.A. Care and Blue Shield Promise are independent entities

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