

September is National Recovery Month

Almost everyone has a friend or family member or knows someone who has been impacted by addiction to alcohol or other drugs, and millions of people are in long-term recovery. National Recovery Month, held every September, is a campaign to educate Americans that people with substance use disorders and mental illness can and do recover and live healthy, rewarding lives. It is a message of hope and encouragement that prevention works and treatment is effective.



MIND YOUR MENTAL HEALTH

September is Suicide Prevention Awareness Month

This is a time to show compassion for those affected by suicide, to raise awareness about suicide risk, and to connect individuals with suicidal thoughts to treatment services.

- 1. Suicide affects everyone, not just victims.** Suicide impacts family and friends long after the loss of a loved one.
- 2. If you feel someone is at risk, take time to talk with them.** Research shows that people who are having thoughts of suicide feel relief when someone asks after them in a caring, non-judgmental way.
- 3. Help them stay safe.** Studies show that fewer suicides occur when people have less access to lethal means (firearms, certain medications, etc.).
- 4. Encourage supportive connections.** If someone is at risk, help them create a network of people and resources for support. This will help them take positive action and reduce feelings of isolation and hopelessness.

Visit the MYMH web page to learn more:
MagellanHealth.com/MYMH

SEPTEMBER AND OCTOBER LIVE WEBINARS

September

Employee Webinar - The Opioid Crisis: How We Got Here, Where We Are Headed, What We Can Do
Wednesday, September 9, 2020 | 11:00 a.m. – 12:00 p.m.

Description: How did we come to such a crisis with opioid addiction in America? In this webinar you'll receive an "Opioids 101" overview of how and why the opioid epidemic started and what the statistics are today. You'll learn how opioid addiction affects the brain, and you'll understand the vital role of the lifesaving drug Naloxone and the importance of treatment and prevention.

Manager Webinar - Mental Health, Substance Use and Suicide Prevention Awareness for Leaders

Wednesday, September 23, 2020 | 11:00 a.m. – 12:00 p.m.

Description: When a person is under the influence of alcohol or drugs, it can lead to accidents, inefficiency, reduced productivity, high stress and other issues. In this webinar, you'll learn the facts and warning signs about mental health, substance use and mental illness, and how to help and respond to work performance concerns and emergency situations.

October

Employee Webinar - How to Thrive this Holiday Season

Wednesday, October 14, 2020 | 11:00 a.m. – 12:00 p.m.

Description: The holiday season will be upon us soon. Why are holidays more stressful than other times of the year, and how can we get through them more joyfully? In this webinar you'll identify effective coping skills, boundary setting, and learn about resources to help you and your family members not just survive, but thrive, during the holiday season.

These webinars are free and supervisor approval is required to participate. Space is limited. To register, visit the EAP website at eap.calhr.ca.gov. Scroll down to the bottom of the homepage. On the right side under the header for "Featured Topics," click on the link for "Access webinar."

Webinars are recorded and are available on the website approximately two to three weeks after a live event. To view past webinars, go to eap.calhr.ca.gov. Click on the "Learning Center" header. Scroll down on the Learning Center page. On the left side of the page, click on "Webinars." Click on "View More" to select the individual webinar recording and access the slideshow and any handouts shared during the webinar.