May is Mental Health Month

The COVID-19 pandemic has affected everyone’s mental health

• Self-care is proven to reduce stress and anxiety.
• Seeking help is a sign of strength to learn new ways to cope.
• Take advantage of the counseling, coaching, digital emotional wellness programs and other services offered through EAP.

1-866-EAP-4SOC (1-866-327-4762)
TTY USERS SHOULD CALL: 1-800-424-6117
eap.calhr.ca.gov
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