

EAP MONTHLY UPDATE

OCTOBER 2021

Welcome to the EAP Monthly Update!

Embracing individual differences and being kind to others makes us feel good and it makes the world a better, more peaceful place. We can all be role models and show kindness every day by treating people we meet with courtesy and respect. Keeping an open mind also helps us appreciate different viewpoints, gain new insights, and consider new ways of thinking. Look this month for information on the benefits of diversity and kindness at eap.calhr.ca.gov.

MONTHLY ARTICLE:

Embracing Differences

Learning about other cultures helps us understand different viewpoints, traditions, customs, and values and dispel negative stereotypes. We benefit as well from new ways of thinking when we have an open mind and welcome different perspectives. The diversity in our country makes it a more interesting place to live, and our lives are enriched by the art, music, food, literature, and languages of other societies. In this article you'll learn why diversity is also beneficial in the workplace for employees and their employers.



Read the article on "Embracing Differences" at eap.calhr.ca.gov.

EAP FEATURED BENEFIT:

Counseling and Appointment Assist

Life has many ups and downs and sometimes you may need help to cope with challenges. EAP offers free, confidential counseling to help you resolve whatever issues you're facing and find the resources you need. Typically, a counseling provider will respond to your request within a day or two and schedule an appointment. There are times when appointment availability can be a challenge. If you aren't getting what you need on your own, please call EAP and ask for Appointment Assist. EAP staff will take your information and contact providers directly to find the first available appointment for you.



Visit eap.calhr.ca.gov to learn more.

World Mental Health Day

Worldwide, one in four people will need mental health care in their lifetime, and more than 43 million Americans battle mental health issues. Sunday, October 10 is World Mental Health Day, a campaign to raise awareness about mental health and erase the stigma people face.



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

MIND YOUR MENTAL HEALTH

October is National Depression and Mental Health Screening Month

This observance is designed to educate the public about the signs, symptoms, and treatment options for depression, and to encourage those who might be suffering to respond to a brief, confidential battery of questions—a mental health screening.

- The screenings aren't considered a professional evaluation, but they are a quick and uncomplicated way to spot some of the early signs of potential trouble.
- Early identification and treatment of mental health problems leads to better outcomes. Early treatment may also lessen long-term disability and prevent years of unnecessary suffering.
- Don't be afraid to share your own experience of depression with those who are currently struggling. Depression is extremely common, and helping others know that they are not alone (thus reducing stigma) can be very encouraging.

Mind Your Mental Health (MYMH) helps raise awareness about mental health issues to help you and your friends, family, and coworkers learn practical ways to support your own mental health and gain an understanding of how to help others.

OCTOBER AND NOVEMBER LIVE WEBINARS

October

Fostering Understanding Between Veterans and Civilians for Workplace Success

Wednesday, October 13, 2021 | 11:00 a.m. – 12:00 p.m.

Description: In this webinar, you'll learn the basics on military demographics, structure, and the common sacrifices veterans have made to serve. You'll understand the unique needs of veterans and their common challenges with civilian workplace culture, identify the valuable skills veterans bring, and learn strategies for better communication.

November

Overcoming Financial Pitfalls

Wednesday, November 10, 2021 | 11:00 a.m. – 12:00 p.m.

Description: Don't let financial pitfalls derail your planning and goals! In this webinar you'll learn to identify and avoid common money mistakes and build a well-rounded financial plan. You'll understand how to coordinate different financial areas of your life and manage the accumulation, distribution, and conservation phases of wealth.

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. In the Explore Services carousel, click on the "Webinars and Workshops" icon. On this page, scroll down and click on "Learn More" in the 2021 Live Webinars section and then click on title of the webinar you would like to attend.

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.