

**INFORM. ENGAGE. EMPOWER.**  
MAY IS MENTAL HEALTH MONTH



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# Mental wellness – one step at a time

## May is Mental Health Awareness Month,

now is the perfect time for each of us to pause and assess our mental health.

Being mindful of our health can help manage stress, anxiety, and the day-to-day pressures of life. Mental illness is more common than most people realize: About half of all people will meet the criteria for a diagnosable mental health disorder at some point in their lives. [\[Source\]](#) For those struggling, know that it's okay to not be okay – please reach out for help if you need it, and remember that there are people who care about you. **Seeking help can significantly improve the outcome for those who are dealing with mental health conditions.**

We've collected the mental health resources and benefits the Company has available.







**CalTimes Benefits Department**  
Email - [CATimesBenefits@caltimes.com](mailto:CATimesBenefits@caltimes.com)

**CalTimes Benefits Portal**, helpful information about your employee benefits program -  
<https://caltimes.mybenefitsapp.com>

**Empyrean (Benefits Administrator)**, review and confirm your current enrollment –  
<https://compass.emyreanbenefits.com/caltimes/>

## Find Your Words

Through [Findyourwords.org](https://findyourwords.org), you can find resources for managing mental health, how to talk about depression, or asking for help. Assessing how you are feeling may be the first step - [take an assessment.](#)

 <p><b>Feeling depressed?</b> If you think you may be depressed, our self assessment tool can help you find the words to talk to your doctor.</p> <p><a href="#">Take the assessment -&gt;</a></p> <p><a href="#">View all assessments -&gt;</a></p>	 <p><b>How to talk about depression</b> It can be hard to talk about how depression feels – and it's different for everyone – but talking with someone you trust is an important step in feeling better.</p> <p><a href="#">Learn how you can help -&gt;</a></p>	 <p><b>How to help with thoughts of suicide</b> If you think someone you know might be considering suicide, don't wait – talk to them about it now. It can help save their life.</p> <p><a href="#">Find ways to take action -&gt;</a></p>	 <p><b>Spread the message</b> You can help end the silence around mental health. Show your community it's okay to speak up with our videos, stories, artwork and more.</p> <p><a href="#">Start the conversation -&gt;</a></p>
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### Peer Support Group

Did you know, CA Times has as an internal **Peer Support Group**? We worked with CiC to launch a network of trained & supported colleagues you can speak with in confidence. Your Peers will provide a listening ear to support and guide others through a difficult time. To contact a peer, please review their bio to find someone you feel comfortable with and schedule a call. Find more [here](#).



### Employee Assistance Program (EAP)

**Employee Assistance Program** is available for you and your household members at NO COST to you. The counseling sessions, self-improvement tools and solutions can help through everyday issues. Call 855-327-4463 or visit [www.GuidanceResources.com](http://www.GuidanceResources.com)



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### Mental Health Resource Guidebook

Detailed summary of all the available resources and more can be found in the [Mental Health Resource Guide](#).



### Collective Health Benefits

**Collective Health PPO and HDHP members** (Anthem Blue Cross Network) can access an emotional well-being resource, **Learn to Live**, which is a free digital tool to develop resilience, reduce stress and practice mindfulness. Watch a Demo on how Learn to Live [here](#). You can also log in to [anthem.com/ca](http://anthem.com/ca), go to **My Health Dashboard**, choose **Programs**, and select **Emotional Well-being Resources**.

**LiveHealth Online Psychology** is a video conferencing benefit where you can talk to a psychologist or licensed therapist from your home or wherever you are. PPO Members have a \$10 Copay and HDHP Members will pay 20% of the claim after deductible.

- Call 844-784-8409
- Or visit [www.livehealthonline.com](http://www.livehealthonline.com)

### Kaiser Permanente Benefits

**Kaiser Permanente** members can gain access to crisis intervention, guidance, referrals and connect with many other resources.

- Call 800-900-3277
- Or visit [www.kp.org](http://www.kp.org)
- [Understanding Mental Health](#)

As a member, you can also explore 3 evidence-based apps at NO COST to you and your covered family members. These wellness apps can help you navigate life's challenges, and make small changes to improve your sleep, mood, relationships, and more. It's self-care is made easy, designed to help you live well and thrive.

- Visit [kp.org/selfcareapps](http://kp.org/selfcareapps) to get started.