



Employee Health and Wellness is committed to promoting the health and well-being of staff. It is essential for staff to incorporate health and wellness into their daily life; being vigilant while at work and attentive to their personal needs with family at home.

A "Resource of the Month" is sent via e-mail to spread awareness of the resources that are available to staff and their families.

July 2016

Crisis Text Services

- [Crisis Text](#): This service is for anyone, in any type of crisis, providing access to free, 24/7 support and information via the medium people already use and trust: text.
- [Veterans Crisis Text](#): A toll-free, confidential resource that connects Veterans in crisis and their families and friends with qualified, caring U.S. Department of Veterans Affairs (VA) responders
- [EAP Webinar - Stress and Anxiety](#) - It can be hard to keep up with the demands of things like work, school, relationships, financial concerns, parenting and/or taking care of an aging loved one. Listen to this webinar and learn how to conquer your stress and anxiety! [How to Access EAP Webinar](#) (due to restrictions, you may not be able to access this from work).

August 2016

Elder Care Assistance

- [Friendship Line](#) - The nation's only 24-hour toll-free hotline for adults and adults with disabilities for both a crisis intervention hotline and a warmline to help those who may be lonely, isolated, grieving, depressed, anxious and/or thinking about death or suicide.
- [EAP Elder Care Services](#) - Evaluate living arrangements, health care, legal rights, and financial concerns of aging loved ones.
- [EAP Webinar - Avoiding Caregiver Burnout](#) - In this webinar you will learn: 1. The symptoms of caregiver burnout. 2. Situations and circumstances which can lead to burnout. 3. Ways to prevent caregiver burnout. [How to Access EAP Webinar](#) (due to restrictions, you may not be able to access this from work).

September 2016

Suicide Awareness

- [Suicide Prevention Lifeline](#) - Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.



- [Friends for Survival](#) - Provides a variety of peer support services to those who are grieving a suicide death of family or friends to comfort those in grief, encourage healing and growth, and foster the development of skills to cope with a loss. All staff and volunteers have been directly impacted by a suicide death.
- [EAP Webinar - When Someone You Love Has Depression](#) - In this webinar you will learn: 1. Types of depression. 2. How to recognize signs of depression. 3. What you can do to help someone with depression. 4. How to take care of yourself while you are helping another. [How to Access EAP Webinar](#) (due to restrictions, you may not be able to access this from work).

October 2016

Cancer Support

- [Law Enforcement Cancer Support Foundation](#) - Provide a free emotional support system, guidance and resources to all members of the law enforcement community, during a cancer experience. The network of mentors is comprised of law enforcement cancer survivors who are committed to serve others by upholding bravery, faith, strength and courage during a cancer journey. For more information, visit the site: <http://www.lecsf.net/index.cfm?section=1>
- [Cancer Support Network](#) - Provide one-on-one support to people undergoing treatment for cancer and to their families. We provide this support by training individuals who have recovered from cancer and matching them with cancer patients currently undergoing a similar experience. Through this matching process, we strive to instill hope and to make a difference in their fight against cancer. For more information, visit the site: <http://www.cancerhopenetwork.org/> (Link may only be viewable from home computer.)
- [EAP Webinar - Living Your Best With a Chronic Condition](#) - Living with a chronic condition can affect your mental health. This webinar will give you information to help you meet your challenges and improve your well-being. [How to Access EAP Webinar](#) (due to restrictions, you may not be able to access this from work).

November 2016

Law Enforcement Crisis Support

- [Safe Call Now](#) - a confidential, comprehensive, 24-hour crisis referral service for public safety employees, all emergency service personnel and their family members nationwide. Safe Call Now provides education, healthy alternatives and resources to save lives and put families back together. For more information, visit the site: www.safecallnow.org (Link may only be viewable from home computer).
- [Serve and Protect](#) - provide support to first responders and their families when going through tough times whether emotional or spiritual – through compassionate and confidential,



comprehensive and collaborative network of professionals who are dedicated to those heroes who serve and protect our communities and homeland. For more information, visit the site: www.serveprotect.org (Link may only be viewable from home computer).

- [EAP Webinar - Sleep and Stress](#) - This webinar will: 1) Describe the sleep system. 2) Explain what happens to your body while you sleep. 3) List things that interfere with sleep. 4) Explain techniques that can help to improve your sleep. 5) Identify specific techniques to help shift workers improve sleep. 6) Distinguish when it's time to call your doctor. [How to Access EAP Webinar](#) (Due to restrictions, you may not be able to access this from work).

December 2016

Holiday Stress

- [Holiday Stress](#) - Thanksgiving and the winter holidays can be filled with busy schedules, parties, shopping, laughter, but also there can be tension and stress. For many people, the holidays mean time off from regular activities, while sharing good times and good food with family and friends. For others, this can be a frustrating and anxiety-provoking time, due to changes in work and exercise habits and dietary concerns. For many, holidays are shared with family, friends and loved ones, yet for many this can be a difficult or dreaded time.
- [Surviving Grief During the Holidays](#) - The holidays are among the most difficult times for bereaved families. Click the link to find helpful suggestions that may aid in surviving the holidays.
- [Employee Assistance Program](#) - For more tips on beating holiday stress, visit the Employee Assistance Program (EAP) member website for articles, self-help programs and more on stress management. Remember, your EAP is here around the clock to connect you to a licensed professional if you need more support. Call EAP at 1-866-327-4762 or visit www.eap.calhr.ca.gov (Due to restrictions, you may not be able to access this from work).
- [EAP Webinar - Surviving the Holidays](#) - This webinar will cover the following objectives: 1) Identify common threats to holiday survival, 2) Review practical strategies to neutralize these threats, 3) Share additional resources. [How to Access EAP Webinar](#) (Due to restrictions, you may not be able to access this from work).

January 2017

Café Well Health and Wellness Tools

- [Cafe Well Health and Wellness Tools](#) – find out about healthy tips and tools available through the Employee Assistance Program (EAP)
 - ✓ Get rewarded for actions and activities.
 - ✓ Self-direct with tools and gaming.
 - ✓ Talk openly with health coaches.
 - ✓ Get recommendations through the Health Risk Assessment.



- ✓ Feel secure managing health in a private environment.
- ✓ Engage with peers, team-based activities and blogs.
- [How to register to access Cafe Well](#) (Due to restrictions, you may not be able to access this from work).
- [EAP Webinar - Well-being for a Healthier Body and Mind](#) - Well-being is the state of being comfortable, healthy, and happy. Participants in this webinar will learn about benefits and strategies for improved physical fitness, healthy nutrition, mindfulness, and managing stress. [How to Access EAP Webinar](#) (Due to restrictions, you may not be able to access this from work).

February 2017

Financially Healthy

- [EAP - Financial Services](#) - Free Initial Financial Consultation. You can be connected with a financial expert for a telephone consultation through your Employee Assistance Program (EAP). You may speak with someone right away, or a financial counselor will call you back within three hours. Phone consultations are at no cost to you and are completed in 60 minutes.
- [Employee Assistance Program](#) - For more tips on financial services, visit the EAP member website for articles, financial planning, and community resources. Remember, your EAP is here around the clock to connect you to a licensed professional if you need more support. Call EAP at 1-866-327-4762 or visit www.eap.calhr.ca.gov (Due to restrictions, you may not be able to access this from work).
- [EAP Webinar - Identity Theft Prevention and Resolution](#) - Protecting valuable personal information as it has become an increasing concern as the number of victims of identity theft has risen. The webinar will highlight strategies to prevent identity theft and offers practical resolutions should you or a family member become a victim of identity theft. [How to Access EAP Webinar](#) (Due to restrictions, you may not be able to access this from work).

March 2017

Substance Abuse

- [EAP - Substance Abuse Resources](#) - offers clinical counseling for alcohol abuse and provides information through web-based care, webinars, and online resources. Remember, your Employee Assistance Program is here around the clock to connect you to a licensed professional if you need more support.
 - ✓ Call EAP at 1-866-327-4762 or visit www.eap.calhr.ca.gov
 - ✓ [Step-by-Step Instructions to Access EAP Substance Abuse Resources](#)



- [EAP Webinar: When Someone You Love Has an Addiction Webinar](#) - In this webinar you will learn: 1) The definition of addiction. 2) How to identify signs, symptoms and behaviors of addictions. 3) About options for you and your loved one with an addiction. [How to Access EAP Webinar](#)

April 2017

Military Support Resources

- [EAP – Military Support Resources](#): EAP offers many tips and articles on preparing for, and coping with deployment, for employees and their families. This link provides you with a list of topics and how to access them. Remember, your Employee Assistance Program is here around the clock to connect you to a licensed professional if you need more support. You can call EAP at 1-866-327-4762 or visit www.eap.calhr.ca.gov ([How to Access EAP Resources](#))
- [Military Mental Health Resources](#): Tips on managing mental health from Real Warriors, a multimedia public awareness campaign designed to encourage help-seeking behavior among service members, veterans and military families coping with invisible wounds. You can access the Real Warriors website here: <http://www.realwarriors.net/> (due to restrictions you may not be able to access this website at work).
- [Veterans Crisis Text](#): A toll-free, confidential resource that connects Veterans in crisis and their families and friends with qualified, caring U.S. Department of Veterans Affairs (VA) responders.
- [EAP Webinar of the Month: Trauma and Post Traumatic Stress Disorder \(PTSD\)](#) - In this webinar, participants will learn about Trauma, PTSD, the difference between them, optimal treatments for both, and specifics around military and civilian populations. [How to access EAP Webinars](#)

May 2017

Mental Health Awareness

- [Mental Health Matters](#): These informational sheets provide you with resources and tips to start a conversation about mental health and are provided by California's Mental Health Movement with the goal of amplifying the voices of all people who want to put an end to this stigma, creating a community where everyone feels comfortable reaching out for the support they deserve. You can visit the Each Mind Matters website here (due to restrictions you may not be able to access this website at work): <http://www.eachmindmatters.org/>
- [EAP – Mental Health Resources](#): EAP offers many tips and articles on staying mentally fit with tips like restoring your mind and body with sleep, fighting anxiety, and calming moods. Remember, your Employee Assistance Program is here around the clock to



connect you to a licensed professional if you need more support. You can call EAP at 1-866-327-4762 or visit www.eap.calhr.ca.gov ([How to Access EAP Resources](#))

- EAP Webinar of the Month: Strategies for Achieving Emotional Wellness: In this webinar you will define emotional wellness, describe the signs of poor emotional health and identify strategies to improve your emotional wellness. [How to access EAP Webinars](#)

June 2017

Work-Life Balance

- Work-Life Services – For many people, it’s a challenge to balance family life and work. We offer work-life solutions to everyday problems that include legal consultations, financial consultations, child and elder care, identity theft recovery, and education and career development. [How to access EAP services](#)
- LifeMart Discount Center – Life is expensive. LifeMart, our member discount program, makes everyday life a little more affordable, and a lot more fun. Visit LifeMart to access hundreds of deals on nationally recognized brand-name products and services, all in one convenient location. And don’t worry, access is free! [How to access the LifeMart Discount Center](#)
- Visit LifeMart Discount Center to Save on Your Everyday Needs, including:
 - ✓ Hotels
 - ✓ Car Rentals
 - ✓ Electronics
 - ✓ Movie Tickets
 - ✓ Theme Park Tickets (East)
 - ✓ Theme Park Tickets (West)
 - ✓ Child Care
 - ✓ Home & Auto
 - ✓ Restaurants
 - ✓ Grocery Coupons
 - ✓ Flowers & Gifts
 - ✓ Local Deals
 - ✓ And much more!
- EAP Webinar of the Month: Managing Your Energy for Better Work-life Balance: This webinar will discuss the following information: 1) Managing time versus managing energy. 2) The four types of energy levels. 3) Identify what influences energy levels. 4) How to create positive energy rituals. [How to access EAP Webinars](#)

**July 2017*****Personal Development***

- [Tele-EAP Coaching](#)– Tele-EAP coaching offers the opportunity to speak with a professional coach about day-to-day challenges and/or difficult situations. Members can engage with their coach over the phone, or by video teleconference, at a time and place convenient to them, without having to worry about travel time or traffic. Sessions are unlimited and last approximately 40 minutes. Members can participate in coaching sessions whenever they feel the need and if further assistance is necessary, including face-to-face counseling, the coach will help arrange for that as well. The Tele-EAP coaching service is available for staff and their eligible dependents and can be accessed as much as possible. Once you call the EAP toll free number, an EAP intake consultant will ask you a few questions to determine if a Tele-EAP coach is right for you. Get started today by calling your program toll-free number 866-327-4762.
- [Revitalizing Relationships](#)- Happy Relationships Can Improve Health and Longevity. In this article, you will learn tips to help revitalize your relationships.
- [EAP Webinar of the Month: 8 Ways to Destroy Your Relationships – and How to Avoid Them!](#) This example-filled webinar presents what we oftentimes do that destroy our relationships, and then clearly explains what to do differently to avoid the pitfalls of relationship failures. From flops to fantastic! [How to access EAP Webinars](#) (Please note: you must have internet access to register and view the webinar)

August 2017**Emotional Health -**

Research shows in study after study, happiness and wellbeing often has little to do with age, income levels once basic needs are met, gender, or where you live. Increasing your level of happiness and wellbeing can be as simple as making your close relationships a priority, engaging in meaningful activities that you enjoy, and focusing on the positive things in your life. Log into the EAP website for more information. [How to Access EAP Resources](#)

- [What to Do About Worrying](#) – Cultivating happiness can be challenging during difficult times, but it's not only possible, it can have positive impact on our emotional and physical health. Excessive worrying not only creates anxiety, it stops you from enjoying the good things that are happening in your life right now. Learn how to have [Less Worry, More Happy](#) in your life with EAP.
- [The Happiness/Wellbeing Connection](#) - Research shows that people with high levels of wellbeing have strong social connections, feel productive at work and involved in their community, and have a decreased risk of disease, illness, and injury. Wellbeing is also associated with a positive outlook and healthy behaviors:



- [Resources for Help with Childcare and Eldercare](#)– Many people are part of the “sandwich generation” and balance their time caring for their own families and their aging parents. Finding the right resources for a child or an older adult can be a challenge. EAP can provide guidance and referrals, and help state employees understand their options for care.
- [Cultivating Happiness: How to Create Your Own Happiness Regardless of What Life Throws at You](#): In this webinar, participants will learn about emotional intelligence, the power of positive thinking, and methods and tools to grow your own personal sense of happiness. [How to access EAP Webinars](#)

*Please note: the EAP website and webinars may not be compatible with all mobile devices.
For additional resources visit the EHW site: <http://www.cdcr.ca.gov/Wellness/index.html>*