



















Tulare County Employee Wellness Program Mental Health Awareness

July 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Check out Page #4 for Mental Health Resources, including:   				1 <i>Article</i> Work Life Balance 
4 COUNTY HOLIDAY 	5	6 <i>Article</i> Panic Attacks and Panic Disorder 	7 	8 <i>Pre-Recorded Webinar</i> Thriving with Anxiety and Depression  ANXIETY AND DEPRESSION ASSOCIATION OF AMERICA
11	12 <i>Article</i> Understanding and Talking About Mental Health Stigma and Mental Health Conditions 	13 	14 Check out Page 6 for this month's Healthy Recipe: Fresh Peach Salad	15
18 	19	20 <i>Pre-Recorded Webinar</i> The Relationship Between Migraines and Depression  ANXIETY AND DEPRESSION ASSOCIATION OF AMERICA	21	22 <i>Assessment</i> Anxiety Test 
25 <i>Assessment</i> Stress Screener 	26 	27	28 SELF-CARE APPS Mental Health & Emotional Wellness Page 5	29 

PRE-RECORDED WEBINARS

The Relationship Between Migraines and Depression



Migraines and depression have a bidirectional relationship, meaning depression increases the risk of migraines and vice versa. Those with depression are 3.4 times more likely to develop migraines. Conversely, those with migraine are 5.8 times more likely to develop depression. In this **pre-recorded** webinar, you will learn about theories on why these conditions often co-occur, how living with both conditions can impact treatment regimens, and tips and strategies for managing both conditions. Follow the link to watch the webinar: [The Relationship Between Migraines and Depression.](#)



ANXIETY AND DEPRESSION
ASSOCIATION OF AMERICA

Thriving with Anxiety and Depression

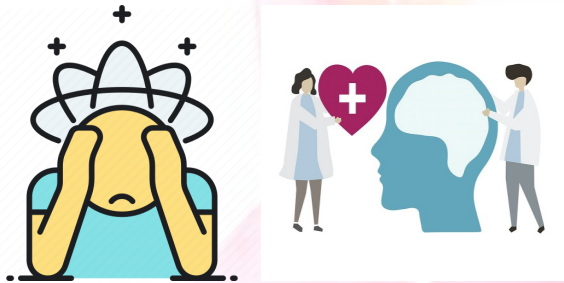
If you struggle with anxiety or depression, you know first-hand how much these symptoms can interfere with your quality of life. In this webinar, you'll learn the factors necessary for maximizing your wellbeing. You'll also learn evidence-based strategies and interventions to help boost your wellbeing, happiness, and life satisfaction, despite anxiety or depression. You'll walk away with a good understanding of what you need to thrive! Click the following link for this **pre-recorded** webinar: [Thriving with Anxiety and Depression.](#)



ANXIETY AND DEPRESSION
ASSOCIATION OF AMERICA

ARTICLES

Panic Attacks and Panic Disorder



A panic attack is a sudden, intense fear or anxiety that may make you short of breath or dizzy or make your heart pound. Panic attacks can be scary and so bad that they get in the way of your daily activities. Treatment can help most people have fewer symptoms or even stop the attacks. Follow the link for information provided by Kaiser Permanente on Panic Attacks; be sure to use the navigation pane on the right hand side for information about causes, symptoms, risk factors, prevention and more.

[Panic Attacks and Panic Disorder](#)



Understanding and Talking About Mental Health Stigma and Mental Health Conditions

The mind and body are linked, but conversations about mental health can be tougher than discussing physical health. Let's work together to learn more about mental health stigma and mental health conditions – and how to talk about them. Addressing mental health stigma is important because the very concept of shame makes it difficult for many individuals with mental health conditions to seek help. Studies show that about 75 percent of people with a mental health condition feel stigma. Follow the link below to read more from Anthem Blue Cross: [Understanding and Talking About Mental Health Stigma and Mental Health Conditions.](#)



Work Life Balance



For a lot of people, the pursuit of a healthy work/life balance seems like an impossible goal. In our rush to "get it all done" at the office and at home, it's easy to forget that as our stress levels spike, our productivity plummets. Stress can zap our concentration, make us irritable or depressed, and harm our personal and professional relationships. Follow the link below to read more from Mental Health America, including a few practical steps we can all take to loosen the grip that stress has on us and win back the balance in our lives. [Work Life Balance](#)



RESOURCES

LiveHealth Online

Anthem Blue Cross members now have a more convenient and private way to access help for depression, anxiety and other types of mental illness. Members can use their smart phone, tablet or computer to have a live video visit with licensed therapists in the privacy of their own home or office.

Seeking help for depression, substance abuse and other types of mental illness is a big step. LiveHealth Online makes it easier for consumers to take that step by providing convenient access to licensed therapists while maintaining their privacy.

www.livehealth.com

Get the free app

Use LiveHealth Online whether you're at home, at work or on the go.



California Hope

CalHOPE partnered with California Mental Health Services Association which has a statewide experienced workforce comprised of peers, community mental health workers, and other non-licensed personnel.

Individuals in need of emotional and/or crisis support can receive "visits" by phone, videoconference, smart device, or computer chat. Depending upon needs and situation, family and/or group support sessions are also available. Individuals also may be connected to county-based services. CalHOPE connect offers culturally sensitive emotional support session for:

- All Californians
- African American/Black
- Asian and Pacific Islanders
- Latino/Latinx
- LGBTQ+ Community
- Parents/Caregivers
- Veterans
- Young Adult

www.calhope.org



California
HOPE

National Suicide Prevention Lifeline

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. They are committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.

NATIONAL
SUICIDE
PREVENTION
LIFELINE™

I-800-273-TALK
www.suicidepreventionlifeline.org

ASSESSMENTS

Stress Screener

Follow the link below to take a 16-part Stress Assessment, provided by Mental Health America. The assessment will categorize your stress levels based on your answers, and will also provide helpful information and tools to handle your stress!

[MHA Stress Screener](#)



Anxiety Test

Do you ever feel nervous, anxious or on edge? Do you have trouble being a “worry-wart”? Take the following assessment provided by Mental Health America to see if you may be experience low, mild, or severe anxiety. It's free, quick, confidential, and scientifically validated.

[MHA Anxiety Test](#)



Online screening tools are not diagnostic instruments. You are encouraged to share your results with a physician or healthcare provider. Mental Health America Inc., sponsors, partners, and advertisers disclaim any liability, loss, or risk incurred as a consequence, directly or indirectly, from the use and application of these screens.

SELF-CARE APPS

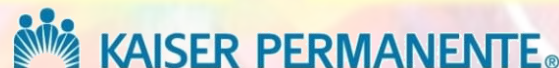
Feeling overwhelmed? Tap into the power of self-care. These apps can help you build resilience, set goals, and take meaningful steps towards becoming healthier and happier. Choose the areas you want to focus on - including managing depression, reducing stress, improving sleep, and more. For more information and to download the apps, visit kp.org/selfcareapps.



Calm - an app for meditation, mental resilience and sleep.



myStrength - an app to improve your awareness and adapt to life.



FRESH PEACH SALAD

Salad: 1/4 cup sliced almonds | 6-8 cups mixed greens | 3 small (or 2 large) ripe peaches | 1 handful red onion slices | 1/2 cup canned corn, drained | 2 ounces soft goat cheese, crumbled (or feta cheese)

Dressing: 1 1/2 tbs balsamic vinegar | 1 tbs Dijon mustard | 1 tbs maple syrup | 1/4 tsp kosher salt
fresh ground pepper | 1/4 cup olive oil

Instructions

- 1. Toast the almonds:** Place the nuts in a dry skillet (no oil) over medium heat. Heat, shaking the pan and stirring often with a wooden spoon, until the nuts are fragrant and golden brown, about 4 to 5 minutes. Remove immediately from the heat and transfer to a plate to stop the cooking.
- 2. Prep the fresh ingredients:** Slice the peaches. Thinly slice the onion.
- 3. Make the dressing:** In a small bowl, whisk together the balsamic vinegar, maple syrup, olive oil, kosher salt, and several grinds of fresh ground black pepper until thick and emulsified.
- 4. Serve:** To serve, top the greens with the peaches, almonds, red onion, goat cheese, and corn, then drizzle with the dressing. Serve immediately.

