

Workforce Mental Health Month

Virtual Self-Care Sessions

Join us for a special series of virtual self-care sessions for KP physicians and staff every **Tuesday this May, from 12:30 to 1 p.m. Pacific time**, in honor of Workforce Mental Health month.



May 7: Mental Health at Work

Learn about the importance of mental health in the workplace and the many resources available to support you and your team's mental health and wellness.



May 14: Mental Fitness

Make caring for your mental health a daily habit. Learn how to use the Calm app and the KP MindfulHub to lower stress and boost your sense of well-being.



May 21: Emotional Support Coaching

Did you know as a KP member you have free access to a personal coach? Learn how Kaiser Permanente's text-based emotional support coaching program and wellness coaching by phone can help you manage life's challenges.



May 28: Understanding Substance Use & Addiction

In most workplaces, 25% of people are affected by addiction. The other 75% have minimal knowledge and often misinformed opinions and beliefs. Learn how you can reduce stigma and help others when needed.

Please attend as your work duties allow. All sessions will be recorded and available on-demand.



Visit the Mental Health Month page on MyKP to add these sessions to your calendar.

Find mental health resources at kp.org/employeementalhealth.

