



# Mental Health Awareness Month

## MAY 2026 WEBINAR SERIES

Join us for a special series of webinars this May to support your mental health. Please attend as your work duties allow. All sessions will be recorded. Registration required.

**Wednesday, May 13**

### [Navigating Depression and Anxiety with Compassion](#)

Presented in partnership with Calm and NAMI, this webinar offers guidance on how to spot mental health symptoms, support conversations about getting help, and access resources during challenging times. Open to both KP employees and the public.



**Friday, May 15**

### [Caring for Mental Well-Being throughout the Cancer Journey](#)

A live "Dear Headspace" event exploring the mental health impact of cancer, with practical guidance for coping with stress, uncertainty, and the emotional challenges that arise along the way. Open to both KP employees and the public.



**Thursday, May 21**

### [From Experience to Empowerment: Understanding Mental Health Resources at KP](#)

This webinar highlights how compassion, access, and collaboration come together to support both our members and our people – and how taking one manageable step can be the start of something better. Open to all KP employees.



**Thursday, May 28**

### [Mood, Mental Health, and Menopause](#)

Many people experience shifts in mood, stress, and mental health during perimenopause and menopause. Join us to learn what's behind these changes, how to support your well-being, and what resources are available. Open to all KP employees.



**All session will be from 12:30 to 1:30 p.m. Pacific time.**

Find additional workforce mental health resources at [kp.org/employementalhealth](https://kp.org/employementalhealth).