

May is Mental Health Awareness Month

At FLYR, our goal is to create a supportive environment where you feel empowered to prioritize your mental well-being. And we are proud to highlight the resources and tools available to support your mental health journey. We encourage you to explore the resources available to you through our health partners, and remember, many are available for your family members to use as well. You can always reference benefits-flyr.com/mental-health for additional information.

Attend a Headspace Care Virtual Workshop

Supporting Mental Health

Thursday, May 16

Session 1: 9 am PT

Session 2: 5 pm PT

Headspace Care (formerly Ginger) is hosting a live virtual workshop for Mental Health Awareness Month. During the session, coaches and therapists offer advice on how to advocate for your mental well-being.

World Meditation Day

Tuesday, May 21

9 am PT

They are also hosting a live meditation workshop on World Meditation Day. We encourage you to sign up for these events and you can also explore and sign up for other events available throughout the year.

Mental Health Support through our EAP

The MyCigna EAP is free to all employees and dependents. You have access to 3 face-to-face or video counseling sessions on a number of topics.

Because May is Mental Health Awareness Month, MyCigna has released a number of pre-recorded webcasts that cover a variety of topics including stress reduction, social well-being, burnout and more. Explore topics [here](#).

BEHAVIORAL HEALTH SEMINAR SERIES

It can be difficult to know where to turn to for sensitive issues. MyCigna offers Behavioral Health sessions to help families cope with common behavioral issues in children. Experts provide techniques and support for parents and caregivers for the following topics:

- Mental Health: Children and Families
- Eating Disorders
- Autism & Neurodivergence
- Substance Use

Cigna Behavioral Health Resources

Cigna members can access emotional and behavioral health tools including; autism, eating disorders, and substance use.

Access the following programs for free:

- **Cigna Knowledge Center** is a one stop shop for tools on mental health, fitness, nutrition, and preventive care.
- **Crisis hotline** and other urgent care resources for emergencies.
- **MDLIVE** offers specialized behavioral care by phone or video therapy and psychiatry sessions for issues such as anxiety, stress, life changes, grief and depression. Log on or call 888-726-3171.
- **iPrevail** provides 24/7 mental health coaching to help overcome stress, anxiety, PTSD, loneliness, and more.
- **Happify's** science-based activities, games, and guided meditations are designed to help reduce stress and anxiety and navigate life's challenges.
- **Talkspace** licensed therapists are available via text, video or phone to provide personalized care and regular therapy sessions.

Kaiser's Suite of Mental Health Resources

Kaiser's **suite of services** include therapy, counseling, and medication management—in-person, by phone or video. Plus, their early intervention strategies includes stress management and mindfulness.

Kaiser members have free access to wellness partners:

- **Kaiser Online Resource Center** has educational materials, self-help programs and information on conditions and treatments.
- **Kaiser crisis hotline** and other urgent care resources for emergencies.
- **myStrength** is a personalized program with interactive activities, coping tools, and community support.
- **ClassPass** gives you a discounted rate to over 4,000+ online fitness classes.
- The **Calm app** is the #1 app for meditation and sleep, it can help lower stress, reduce anxiety, and improve sleep quality.