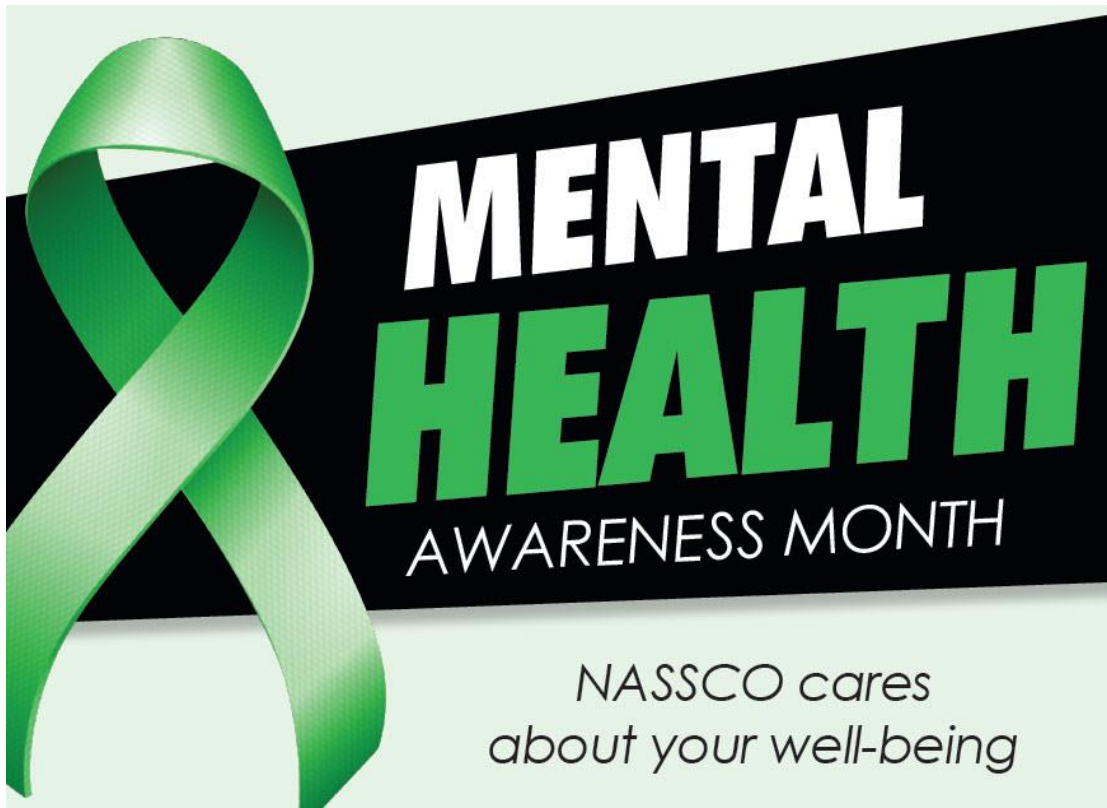




Benefits **BUZZ**

May 2023



MAINTAINING OR THRIVING?

Alarm goes off. Take the kids to school. Rush to work. Accomplish tasks. Eat dinner. Sleep. Repeat.

Every day, most of us do the actions listed above in order to simply maintain our lifestyle. But very quickly, things can become overwhelming. A busy, stressful life can take a toll on your mind, body and spirit. In turn, our mental health can also be affected.

It's time we take a minute to remember that our mental well-being is just as important as our physical well-being.

In this edition of the *Benefits Buzz*, you will find some of the many resources available to NASSCO employees and dependents to help you thrive and overcome the challenges of every day life.

DISCOVER TALKSPACE!

NASSCO offers online therapy options for you and your dependents.

See Page 2 for information.

OVERCOMING ADDICTIVE BEHAVIORS

Addiction can be devastating. The good news is that help is available to NASSCO employees and dependents.

See Page 3 for more information.

EXPLORE YOUR MEDICAL PLANS

Do you prefer to go directly to your healthcare provider for mental health support?

See Page 4 to discover what your medical plans have to offer.



Personalized care starts here

Talkspace is a comprehensive and convenient way to take care of your mental health and wellness. This free platform is offered through NASSCO'S Resolve 365 program and provides therapy for individuals or couples, across a wide range of specialties:

- ✓ Anxiety & Stress
- ✓ Depression
- ✓ Relationships
- ✓ Trauma & grief
- ✓ Sleep
- ✓ Anger
- ✓ Productivity
- and more...



Easily connect with a licensed therapist from the comfort of your home, through a live video, texts or a phone call.

talkspace

Your therapist is waiting to chat with you right now

Therapist Josie Bohling LMFT

talkspace

Therapist Amy Scarano MS LCSW

Confidential & anonymous therapy at the touch of a button

talkspace

Unlimited Messaging Therapy™ anytime, anywhere

Therapist Jor-El Caraballo MS EdM LMHC

Download the
eM Life App today

Mindfully Overcoming Addictive Behaviors

Discover a Purpose-driven Mindfulness Solution for Living with Addiction

Addiction can take many forms, and each one has its own set of obstacles to overcome. The Mindfully Overcoming Addictive Behaviors is a live, virtual, 10-session mindfulness program taught by an expert teacher. This program will help you take control of your addictive behaviors by learning to identify triggers, manage impulses, and shift your mindset while building mindfulness skills and resources.

You must have an eM Life account to access this program. Registration instructions are detailed below.



CLICK ON THESE BOXES



CLICK ON THIS BOX

**Register for
Mindfully Overcoming
Addictive Behaviors**

CLICK ON THIS BOX

Don't have an eM Life account?

Create an employee account and search for Addictive Behaviors to register.

Company Code: resolve365

Our Program Includes:

- 10 live, expert-led, interactive online sessions that help you take control of your addictive behaviors and improve your overall well-being
- Applied mindfulness practices to address the thoughts and triggers to shift your mindset around your addiction
- Personalized strategies when situations arise and you want to revert back to your addictive behaviors
- Clinically validated pre- and post-assessment to track your progress
- On-demand programs, games and meditation timer to support individual practice
- Web, mobile, and native app (iOS and Android)

If you need assistance, please contact support@emindful.com

This 10-Session Course Can Help You:

- Gain awareness of the thoughts and experiences that drive your addictive behaviors
- Shift your limiting mindset around your experience and recovery
- Set intentions to hold yourself accountable and find gratitude in the joy around you
- Build a community and resources to overcome your addictive behaviors

"Using mindfulness raises my overall awareness of things and people around me, which helps me better cope with urges and triggers."

– eM Life participant

SUPPORT IS AVAILABLE NO MATTER WHAT PLAN YOU'RE ENROLLED IN!

Your well-being is important.

If you're enrolled in:	 KAISER PERMANENTE				
Try this:	<p>Crisis 24/7 access to Mental Health Counselor.</p> <p>1-800-900-3277 (ENG) 1-800-788-0616 (SP)</p> <p>Non-crisis Primary Care Physician screenings for access to necessary resources, specialists and telehealth.</p> <p>1-800-290-5000 1-888-576-6225 (After Hours)</p> <p>Website kp.org/mentalhealth</p> <p>Apps MyStrength To improve your awareness and adapt to life.</p> <p>Calm For meditation, mental resilience, and sleep.</p>	<p>Member Support 24/7 access to representatives in English or Spanish.</p> <p>Mexico 664-231-4747 01 800 827 3642</p> <p>USA 1-888-661-4833</p> <p>General Numbers (USA) 1-800-424-4652 619-407-4082 Option 1 Tijuana Option 2 Mexico Option 5 English</p>	<p>Behavioral Health Resource Line 24/7 access to clinician for triage.</p> <p>1-844-792-5141</p> <p>Video chat by appointment For members who are ready to speak with a licensed therapist, psychologist or psychiatrist.</p> <p>LiveHealthOnline.com</p> <p>Apps MyStrength Self-paced, interactive tool to access educational tips and tricks to help manage stress, anxiety, sleep troubles, and much more!</p>	<p>Nurse Advice Line 24/7 access to Military Health System Nurse Advice Line for advice/ to schedule an appointment.</p> <p>1-800-874-2273, Option 1</p> <p>Web chat and video chat: MHSNurseAdviceLine.com</p> <p>Website www.tricare.mil/CoveredServices/Mental</p>	<p>Contact the Veterans Crisis Line immediately if the Veteran or Service member in your life is showing signs of crisis, such as:</p> <ul style="list-style-type: none"> • Talking about feeling hopeless • Experiencing anxiety or agitation • Increasing risky behaviors or substance use <p>1-800-273-8255, Press 1</p> <p>Website www.mentalhealth.va.gov/</p>

Scan QR code to download this info sheet



1 in 5 adults in the U.S. experiences a mental illness. Half of U.S. employees have above average or high stress, and 32% have suffered from severe stress, anxiety or depression in the last two years.

In case of emergency: 911
National Suicide Prevention Lifeline: 1-800-273-8255

MENTAL HEALTH RESOURCES BOOTH IN MAY!

Checking on your mental health is just as important as your physical health. Stop by our Mental Health Resources booth in the shipyard. We will have great resources available for you to pick up and share with your families – free giveaways too!

MAY 17

9:00 a.m. – 3:30 p.m.

SHIPYARD

GATE 6

JUST AFTER THE TURNSTILES