

Virtual Mental Health Fair

December 7th-11th

**All SLC
Employees
and their
families are
welcome**

Webinar Sessions

**Join from anywhere with an
internet connection**

2020 has been a year to remember -- or one that we would rather forget. To help us cope with the additional mental strain that 2020 has caused, we are hosting a five-day Virtual Mental Health Fair, December 7-11. These webinars along with additional mental health materials will be available on the HR website for you and your family to use. These services are confidential and available 24/7. If you have questions about the event please contact Trent.Steele@slcgov.com.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
11:00am	<u>Mental Health in the BIPOC (Black, Indigenous and People of Color)</u> <u>Coping During Uncertain Times</u>	<u>Understanding Depression</u>	<u>Overcoming Your Distorted Negative Thinking</u>	<u>Stress: A way of life or a fact of life?</u>	<u>No Such Thing as a 'Perfect Parent'</u>
12:00pm	<u>Running on "E:" Adding Energy and Fun to Your Life</u>	<u>Mental Health Awareness</u>	<u>Communicating Without Conflict With Your Significant Other</u>	<u>Tools to Handle Stress</u>	<u>Communication Skills for Families</u>
1:00pm Presented by SLC Strong	<u>Holistic Wellness</u>	<u>Suicide prevention/ how to ask for help/ what to expect from counseling</u>	<u>Work life balance</u>	<u>Building Resiliency</u>	<u>Parenting strategies and tools</u>

Register for classes by clicking the topic or visit <https://www.slc.gov/hr/benefits-and-wellness/>
If you are unable to attend a live session, recorded webinars will be available at a later date

Your ComPsych® GuidanceResources® program offers someone to talk to and resources to consult whenever and wherever you need them.



EAP (ComPsych) Contact info

Public Employees

855-823-5389

www.guidanceresources.com

Company ID: SLC

SLC Strong

844-206-4097

www.guidanceresources.com

Company ID: SLCPs

What is ComPsych?

Your GuidanceResources® Employee Assistance Program provides counseling and other services to help you. This program is confidential and free to you and your family members who live with you.

Contact Us... Anytime, Anywhere

No-cost, confidential solutions to life's challenges.

Your ComPsych® GuidanceResources® program offers someone to talk to and resources to consult whenever and wherever you need them. Your toll-free number gives you direct, 24/7 access to a GuidanceConsultantSM, who will answer your questions and, if needed, refer you to a counselor or other resources.

Confidential Emotional Support

Our highly trained clinicians will listen to your concerns and help you or your family members with any issues, including:

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts

Work-Life Solutions

Our specialists provide qualified referrals and resources for just about anything on your to-do list, such as:

- Finding child and elder care
- Hiring movers or home repair contractors
- Planning events, locating pet care

Legal Guidance

Talk to our attorneys for practical assistance with your most pressing legal issues, including:

- Divorce, adoption, family law, wills, trusts and more.

Need representation? Get a free 30-minute consultation and a 25% reduction in fees

Financial Resources

Our financial experts can assist with a wide range of issues.

Talk to us about:

- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more

Online Support

GuidanceResources® Online is your 24/7 link to vital information, tools and support. Log on for:

- Articles, podcasts, videos, slideshows
- On-demand trainings

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