

# Announcement



## Well-Being Resources

### A Message from Employee Health Plans and Services

Date: December 6, 2021

Mental health is essential to our overall well-being. Some of us may be facing challenges that can be stressful, overwhelming, and cause strong emotions. The COVID-19 pandemic has likely brought many changes to how we live our lives including altered daily routines, financial pressures and social isolation. During the pandemic, you may experience stress, anxiety, fear, sadness and loneliness. And mental health disorders, when left untreated, may worsen.

When we feel mentally well, we can work productively, enjoy our free time, and contribute actively to our communities. LADWP and its healthcare partners provide tools and resources that provide support and help improve mental health. The following well-being resources are available at no cost to our employees:

- **Employee Assistance Program (EAP)** – Our EAP provider, Aetna Resources for Living, provides confidential, 24-hour services for all aspects of your well-being including emotional support, legal, financial, and work life assistance. Use the link below to access information about the services offered or to speak with a counselor.

[www.resourcesforliving.com](http://www.resourcesforliving.com)

Log-in: ladwp

Password: eap

- **myStrength Mobile App** – The myStrength app, offered at no cost through Aetna Resources for Living and available to all employees, provides on-the-go tools like a mood tracker, activity logs, and other content to help you strengthen your mind and body. Use the link below to create your free account and to customize a program to meet your health and wellness goals.

<https://app.mystrength.com/signup/resourcesforliving>

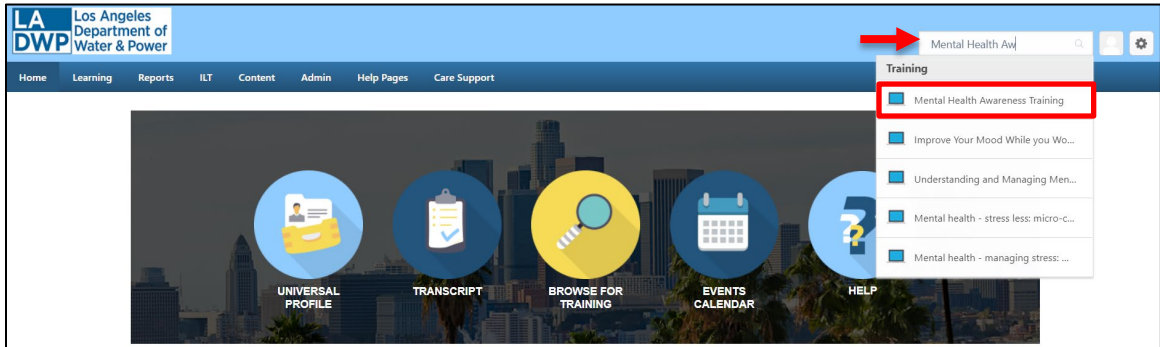
Access code: ladwp

- **Mental Health Awareness Training** – This online training module, provided by Kaiser Permanente, is available to all employees and provides information about overall mental health, common mental health conditions, why it's important to support stigma-free environments and encourage conversations about mental health. Use the following link to access the course. Estimated runtime 35 minutes.

<https://ladwp.csod.com>

# INSTRUCTIONS FOR ACCESSING THE MENTAL HEALTH AWARENESS TRAINING ON CORNERSTONE

1. Login to <https://ladwp.csod.com> on Google Chrome.
  - a. Contact your Training Coordinator if you have difficulty logging in.
2. Search for **Mental Health Awareness Training** and click on the training title.



3. Click **Launch**.

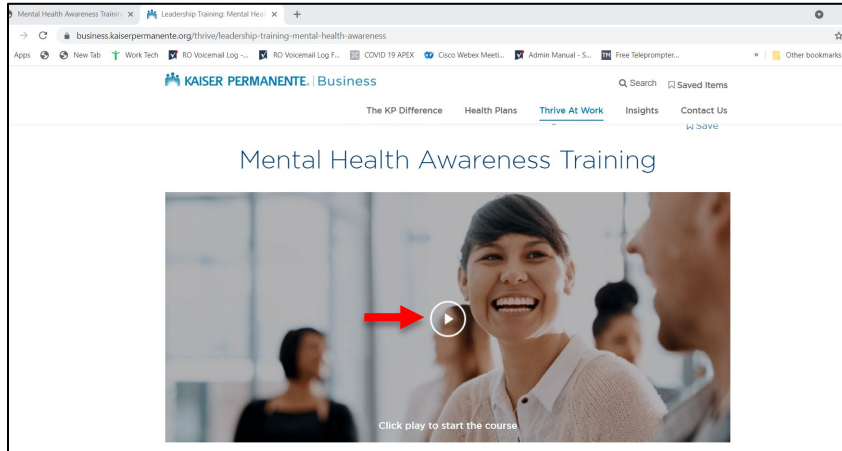


4. Once the training loads on your screen, click on the play button.

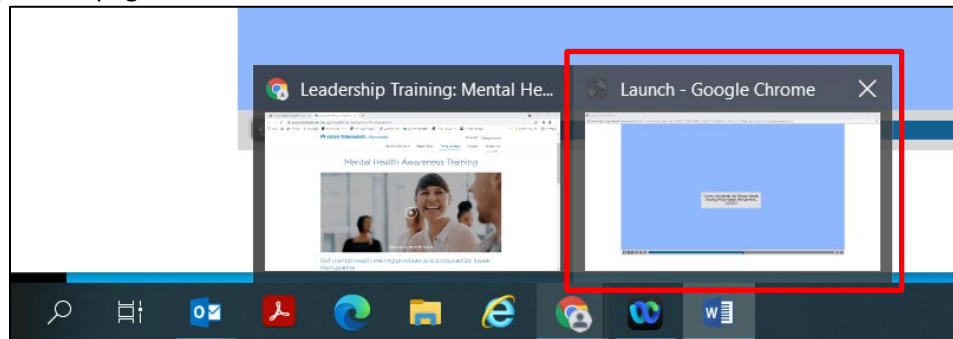


# INSTRUCTIONS FOR ACCESSING THE MENTAL HEALTH AWARENESS TRAINING ON CORNERSTONE

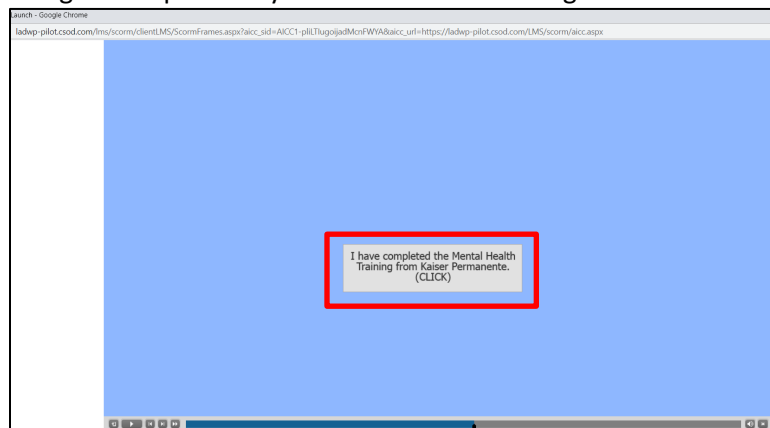
5. A new tab will open on your browser that directs you to Kaiser Permanente’s training page. Click play on the Kaiser Permanente training page to start the course.



6. Once you have completed the training, hover over the Google Chrome icon at the menu panel at the bottom of your screen and click on **Launch - Google Chrome** to go back to the Cornerstone training launch page.



7. Click on the “I have completed the Mental Health Training from Kaiser Permanente.” box. This will mark the training as complete on your Cornerstone training record.



END