




# Mental Health Awareness




NSD IDEA Council - May 14, 2024



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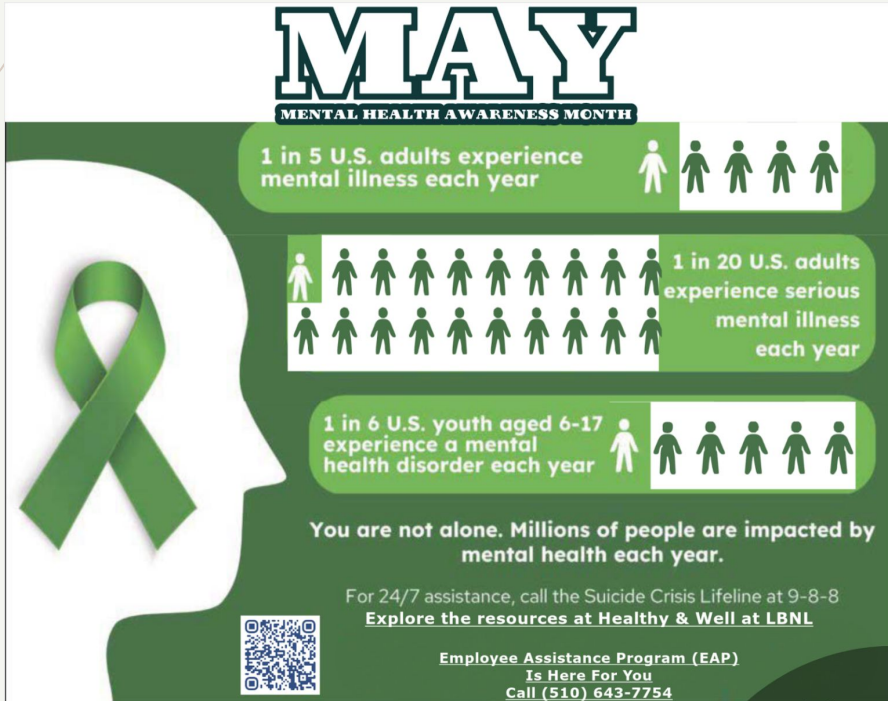
*"There is a crack in everything,  
that's how the light gets in."*

- Leonard Cohen





# May is Mental Health Awareness Month



**MAY**  
MENTAL HEALTH AWARENESS MONTH

1 in 5 U.S. adults experience mental illness each year


1 in 20 U.S. adults experience serious mental illness each year

1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year

You are not alone. Millions of people are impacted by mental health each year.

For 24/7 assistance, call the Suicide Crisis Lifeline at 9-8-8  
Explore the resources at [Healthy & Well at LBNL](#)

Employee Assistance Program (EAP)  
Is Here For You  
Call (510) 643-7754



Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel and act.

Many factors contribute to mental health conditions, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history
- Stress

Stigma continues to be a barrier to seeking care. The LBNL sick leave policy explicitly equivalences mental and physical illness.






# Resources at LBNL: Employee Assistance Program (EAP)

<https://ehs.lbl.gov/service/health-services/employee-assistance-program-eap/>

<https://uhs.berkeley.edu/bewellatwork/employee-assistance>

The EAP helps employees, their partners and adult family dependents find solutions to personal and work-related challenges through counseling, consultation, assessment and referrals. All services are voluntary, confidential and free of charge.

- Comprehensive (short-term) counseling services
  - Services for supervisors and management
  - Crisis intervention, problem assessment and referrals
  - Elder care program
- 



# Resources at LBNL: Healthy and Well at LBNL

<https://healthyandwell.lbl.gov/home>

Healthy & Well at LBNL is a centralized location for Lab staff to find support and resources to help build their health, wellness and well-being. The website is intended to get you thinking about the things you can do to foster health and wellness in your life - both at work and at home.

- Numerous resource links, workshop opportunities, and other tools.
- Highlight events for wellness as well → You can still register!

## 2024 UC MOVES CHALLENGE

REGISTRATION Opens April 22 · CHALLENGE Runs May 6 - 31

Spring into Motion. Represent LBNL in the 2024 systemwide 4-week movement and activity challenge.



# All Access ERG

## 2024 Mental Health Awareness Month Activities

Download the Zoom background [here](#) if you don't find it in the provided background options in Zoom

### Past:

- Wear green! Range of UC Berkeley workshops (many through EAP) - May 1
- Lab Walkabout with Early Career ERG - May 10

### Upcoming:

- Dragonfly Seminar, "A Scientist's Primer on Depression"
  - May 21, 2024 from 10-11am ([virtual](#))



# All Access ERG

## 2024 Mental Health Awareness Month Activities

Remember resources from previous years are still available to you!



### **A Scientist's Primer on Mental Health**

You're not alone: recent studies have revealed that mental health struggles are extremely common among researchers. Watch this one-hour seminar for an expert-led discussion on the causes and remedies of mental health challenges in science & academia



### **Basics of Burnout in a Research Environment**

Balancing our professional and personal lives in an increasingly chaotic world is no easy feat. This one-hour seminar and facilitated discussion helps identify the signs and provides strategies to mitigate and prevent work-related stress.



### **Continuing The Conversation On Burnout: Dos And Don'ts For Supervisors**

Dragonfly Mental Health is back to discuss the role supervisors can play in mitigating burnout for their staff.

# Asian American, Native Hawaiian, and Pacific Islander Heritage Month



**API**

Asian and Pacific Islander  
Employee Resource Group

## 05/17 - Cooking Class

- Planned virtual event
- Keep an eye on [API ERG](#) site for details

## 05/21 - Author Reading

- Grace Loh Prasad, author of the *The Translator's Daughter*
- 12pm, Building 33-106

## 05/22 - Career Development Workshop

- Panel discussion with API scientific leaders
- 9am, [Zoom link](#)

## 05/30 - “Yellowface” Book Club Discussion

- Discussion of the novel “Yellowface” by R.F. Kuang
- 3:30pm, [Zoom link](#)



**BERKELEY LAB**



# Opportunities to Be Involved in Outreach and Service

## ● K-12 STEM Outreach Opportunities

- Many new roles opened to support [SAGE](#)
- Support needed in the The Berkeley Lab Director's Apprenticeship Program ([BLDAP](#))
- Help with various local school STEM outreach programs coming up
- Become a high school spreadsheet/coding bootcamp TA for The [Experiences in Research](#) program
- Visit the K-12 Outreach and Education homepage to sign up for the newsletter and read more about the programs!
  - <https://k12education.lbl.gov/home>

## ● Community Service Opportunities

- Volunteers needed for the Lab Booth at the [37th Annual Berkeley Juneteenth festival](#)
- Volunteer with [Gardens @ Lake Merritt](#) in Oakland
- Volunteer with the [Food Bank of Contra Costa and Solano](#) (FBCCS), the [UC Berkeley food pantry](#), or the [Alameda County Community Food Bank](#)
- Volunteer with [Meals on Wheels](#) to pack or deliver food to Berkeley's homebound seniors
- Sign up to be a tutor for "[Literacy for Every Adult Program](#)" or another "[Bay Area Literacy](#)" program

Sign up to volunteer for these opportunities and more at  
<https://service.lbl.gov/need/>

# IDEA Resources

## NSD IDEA Council resources

- [URM Job Posting funding](#)
- [Luminary Cards](#)
- IDEA SPOT Award Program
- [LeanIn cards "50 ways to fight bias"](#)

## Lab-wide resources

- [Idea.lbl.gov](#)
- [Employee Resource Groups](#)
- [Physical Sciences Workplace Life Committee](#)

## Consider joining the Council!

- All-volunteer effort
- Looking for people from all roles and areas of NSD

## Share your ideas for topics or other feedback:

[NSD-IDEA-Council@lbl.gov](mailto:NSD-IDEA-Council@lbl.gov)