



CCA Honors Mental Health Awareness Month

May is Mental Health Awareness Month, and this year's theme is the correlation between one's physical environment and its effect on mental health. At CCA, this is more than a monthly topic— for nearly 40 years, we have been helping our clients create work environments that promote both individual and organizational well-being. Our multi-faceted approach to improving workplace culture includes:

- Assessing and addressing social determinants of health (SDOH); part of every intake conducted by our master's level counselors.
- Reducing stigma around seeking emotional support through our creative educational and promotional campaigns.
- Training managers on how to recognize and help employees with mental health struggles.
- Providing education and resources for employees working in highly stressful environments.
- Teaching employees and leaders self-care techniques.
- Helping create a culture of inclusivity by advising leadership on diversity, equity, and inclusion best practices.
- Working with Employee Resource Groups and Wellness Champions to promote awareness of mental health resources.
- Practicing early intervention—our nearly four decades of experience have shown that many workplace issues can be prevented via a proactive approach, including tracking utilization trends and data.

CCA understands that employee well-being is inextricably linked to the workplace environment, and we routinely assist organizations in creating workplaces where employees feel safe and supported. We are proud to honor Mental Health Awareness this month, and every day. To learn more about how CCA supports individual and organizational health please contact Mike Shaw, VP of Business Development: mshaw@ccainc.com.

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ABOUT CCA

CCA has been helping people and organizations succeed since 1984. We work to improve individual and organizational well-being through our EAP counseling, learning and development, coaching, and consulting services.

Visit www.ccainc.com to learn more about how we can work with your organization.

Our mailing address is:

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