



Mental Health Awareness Month

May is Mental Health Awareness Month. It's important to raise awareness, reduce the stigma, and support one another.

At CrossCountry Mortgage, we care about your mental health and want you to know that you matter. We've put together a list of resources the CCM Human Resources Department offers for your mental health.

SparkUNPLUG

PeopleOne Health presents "SparkUNPLUG," a mindfulness video series focusing on different concepts and strategies on how to be the best version of you. This series features 20–30-minute webinars dedicated to your wellbeing. You can find topics such as "Can You Stay Present?," "Silence Your Inner Critic" and more!

[CLICK HERE TO ACCESS SPARKUNPLUG](#)

Employee Assistance Program (EAP) through Unum
CCM offers an Employee Assistance Program to employees, their spouses, domestic partners, dependent children, parents, and parents-

in-law. The program can help you find solutions for everyday challenges at work, home, and for more serious issues involving emotional and physical well-being.

Our EAP program can help with:

- Coping with stress, anxiety, and depression
- Anger, grief, and loss
- Caring for an elderly relative or finding senior assistance
- Dealing with a family member who has an addiction
- Improving your health or controlling chronic conditions
- Getting out of debt and managing your finances
- Relationship issues, legal issues and much more

Help is easy to access:

- Online/phone support: Unlimited, confidential, 24/7
- You can get up to 3 free in-person sessions per issue with a Licensed Professional Counselor for short-term problem resolution.
- Receive information through our online library of downloadable materials and interactive tools.
- Visit www.lifebalance.net (user id and password: lifebalance) to email a consultant, locate area resources, or download helpful information.

CLICK HERE TO LEARN MORE

LiveHealth Online through Anthem BlueCross BlueShield (LHO)
Through Anthem BCBS, you can connect with a medical professional virtually by using the LiveHealth Online tool. Through LHO, you can schedule a virtual appointment with a licensed therapist or psychiatrist (depending on which medical plan you are enrolled in, you may be responsible for a copay at the time of service).

CLICK HERE FOR MORE
INFORMATION ON LHO
PSYCHOLOGY

CLICK HERE FOR MORE
INFORMATION ON LHO
PSYCHIATRY

Please remember you are not alone, and we are here to provide the support you need!

Questions?

Contact your Friendly HR People Department at

HumanResourcesTeam@ccm.com