

USC Center for Work & Family Life

Our country is currently experiencing the most life changing events in history with the surge of COVID-19 and the current political instability. These events, highlighted in media outlets, can be very stressful, making us feel anxious and worried. To help with all these everchanging experiences the Center for Work and Family Life (CWFL) is highlighting a few resources for USC faculty and staff to address your mental and emotional health care needs. To help navigate this unsettling new world, you are welcome to take advantage of the following programs and resources:

Center for Work and Family Life

The Center for Work and Family Life has provided services for the Trojan Family for 40 years, and we continue to support faculty, staff, dependents, and retirees free and confidential work/life resources for benefits-eligible employees through remote Zoom and telephone sessions.

- For more information, call us at (213) 821-0800 (24/7) or email cwfl@usc.edu.
- Or visit our website: <https://employees.usc.edu/work-family-life/>

USC Health Plans – Behavioral Health

Those enrolled in **USC PPO and USC Trojan Care EPO** coverage may contact the following providers:

- Behavioral Health Benefits from Lyra Health: <https://usc.lyrahealth.com/> Phone: 844-495-7094

Those enrolled in **Kaiser and Anthem HMO plans**:

- Kaiser members may access care from Kaiser Behavioral Health (Southern California) by calling your local clinic where your primary care provider is located. You do not need a referral from your primary care provider to see a behavioral health provider, but some services require preauthorization.
- For after-hours behavioral health advice, call 1-800-900-3277 (TTY 711) Monday through Friday, 7 p.m. to 7 a.m., Saturday and Sunday, 24 hours a day.
- For additional resources, visit the Kaiser Mental Health website: <https://healthy.kaiserpermanente.org/health-wellness/mental-health>
- Anthem HMO
- SelfHelpWorks — Choose one of the online Living programs and get a 40% discount to help you lose weight, stop smoking, manage stress, or face an alcohol problem. Visit anthem.com/ca.

Resources on Campus

Meditation Across USC: Mindful USC is a free service from the Office of Religious and Spiritual Life Provost's Office. It offers ongoing training, practice groups and special events throughout USC.

Classes include: Introduction to Mindfulness, Mindfulness Lab II, Mindful Self-Compassion

- <https://mindful.usc.edu/>
- Please note there are also drop-in Mindfulness classes available on Wednesdays which coincides with Inauguration day and can provide a distraction/breather.

Prayer/Reflection Across USC

Places for Reflection and Prayer on USC campus and surrounding areas. Although non-sectarian, USC comprises a vibrant and diverse multi-faith community. Open to the public, the University Park campus' chapels and prayer spaces enable peaceful contemplation and escape from the bustle of daily life. (Please practice prevention guidelines if you are visiting any of these locations).

- <https://visit.usc.edu/on-campus/places-for-reflection-and-prayer/>

USC Sports and Recreation

Exercise is a great way to de-stress. Check out the variety of classes offered through USC Sports and Recreation, including yoga, pilates, dance, high intensity interval training, and more! For the full schedule and additional information on the virtual class offerings, please visit:

- <https://recsports.usc.edu/programs-classes/fitness/group-ex-classes/>

***We hope you will take advantage of these resources to support your health and well-being.
Stay safe and healthy Trojans and Fight On!***