

Mental Health Awareness Month

Join the Department of Human Resources and the Health Service System on [Thursday, May 20th from 12:00pm to 1:00pm](#) for a panel discussion in recognition of Mental Health Awareness Month.

The panel brings together doctors from Kaiser Permanente and an Employee Assistance Program (EAP) counselor to discuss how to recognize stress and anxiety, help answer employees' submitted questions around mental health, and provide resources and strategies to help employees cope and improve their mental and emotional well-being.

If you have concerns about the vaccine; anxiety about your safety or returning to work; want to know the signs of depression, suicide, or substance abuse; having more conflicts with your friends, family, or co-workers; or any other mental health related question, this event is a chance to ask the experts how to get help. Please submit your questions [here](#). Questions may be submitted anonymously.

To join the event, on May 20th at 12:00pm click [here](#). We look forward to seeing you there!



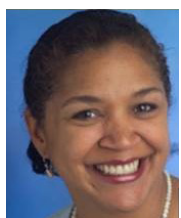
Jeff Linter, LFMT, CEAP
Senior EAP Counselor
City County of San Francisco
San Francisco Health Service System

Jeff started working in the mental health field in 1985 as a Mental Health Counselor at a psychiatric hospital, then with CCSF since 1992 as both an EAP Counselor and Sr. EAP Counselor. He specializes in biofeedback, substance abuse and mediation. He's passionate about helping employees and departments feel and function better.



J. Jewel Shim, MD
Psychiatrist
Oakland Medical Center

Dr. Shim is the Chief of Psychiatry, at Kaiser Permanente East Bay, and an Associate Clinical Professor of Psychiatry at the University of California, San Francisco. Her areas of specialty include anxiety, depression, and insomnia.



Gina Gregory-Burns, MD
Adult Medicine
San Francisco Mission Bay Medical Offices

Dr. Gina Gregory-Burns specializes in internal medicine, depression and insomnia and has practiced Internal Medicine as a physician at Kaiser Permanente in San Francisco for 31 years. Her passion is to deliver quality primary care and address health disparities for both her English and Spanish speaking patients. She is the Co-Lead for the Equity Task Force to improve operations by making KP San Francisco Medical Center an anti-racist institution.