

# FOR YOUR BENEFIT

# NORTHERN CALIFORNIA PIPE TRADES TRUST FUNDS FOR UA LOCAL 342

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## Next Upcoming Educational Workshops



### Supplemental 401(k) Retirement Workshop

Tuesday, May 16th, 5pm  
Wednesday, August 23rd, 5pm  
Wednesday, November 15th, 5pm

### Pension Pre-Retirement Workshop

Wednesday, May 10th, 5pm  
Wednesday, August 16th, 5pm  
Thursday, October 19th, 5pm



Workshops are currently scheduled via ZOOM webinar and registration is required. Check our website ([www.ncpttf.com](http://www.ncpttf.com)) for updated information on upcoming workshops.

## Mental Health Awareness Month

May is National Mental Health Awareness Month. Listed below are some tips we can all use to boost our mental health.

- **Find your voice.** Speak up if you are struggling. The people in your life are there for you, so be honest with your loved ones and your care team. They cannot help unless they know that you need their support.
- **Talk to your doctor.** Your doctor is there to advocate for your mental health. They can connect you with support and help you access care for depression, anxiety addiction and recovery, and more.
- **Be physically active.** Being active is not only great for your physical wellbeing, it can also improve your mental wellbeing by raising your self-esteem, helping you set goals and achieve them, and causing chemical changes in your brain which can positively change your mood.



- **“Anyone who has never made a mistake has never tried anything new.” – Albert Einstein.** Try something outside of your comfort zone to make room for adventure and excitement in your life.

The Carriers that provide our health care coverage have resources available on their websites or over the phone that can be used by enrolled Plan Participants. These resources can be found for those who are enrolled in Kaiser at (<https://healthy.kaiserpermanente.org/northern-california/health-wellness/mental-health>) or (800)390-3503. For those who are enrolled in Blue Shield, resources can be found at ([www.blueshieldca.com/bewell/livehealthy/mentalhealth](http://www.blueshieldca.com/bewell/livehealthy/mentalhealth)) or (877)263-9952.