

## MAY IS MENTAL HEALTH AWARENESS MONTH

### You Are Not Alone

Mental health problems affect how we think, feel, act, or relate to other people. Symptoms can range from mild to severe and vary from person to person. If you have, or think you might have a mental illness, know that you are not alone.

#### **1 in 5 U.S. adults experience mental health problems each year**

Compounded by the pandemic, those numbers were even higher this past year, with the CDC reporting 44% of us were dealing with either depression or anxiety. The good news is with early diagnosis and treatment, many people fully recover or can manage their symptoms.

A good first step is to explore Concern's [Mental Wellness Resource Center](#) where you'll find practical, self-help tools, tips and resources targeting stress, depression, anxiety, and more. Don't be afraid to reach out if you need assistance. Seeking professional assistance when self-help efforts don't seem to be enough is a sign of strength and flexibility. Consider calling Concern at 800-344-4222 to schedule an appointment with an experienced counselor and expert listener.

### Learn More

Because mental wellness is such a vital component of overall well-being, Concern features an evidence-based [Mental Wellness Resource Center](#) that includes general information on mental health conditions, and practical, self-help tools, tips, and resources that target stress, depression, and anxiety. For more strategies to build mental well-being, visit Concern's Digital Platform by logging in to [employees.concernhealth.com](https://employees.concernhealth.com), and selecting the Access Services button in the upper right menu.

## SUPPORTING A COLLEAGUE

One of the biggest challenges for people experiencing mental health issues is overcoming stigma. Your words and actions can make a difference for people in need of support.

1. Pay attention to any significant changes in someone's behavior such as being distant, withdrawn, overly tired, or down.
2. Talk with them to see how they are doing. Be non-intrusive and compassionate. Start with a neutral question, such as, "I've noticed you don't seem quite like yourself lately. Are you OK? Can I help?" Listen carefully to their response.

3. Encourage them to connect with available mental health and wellness programs available through HR. You can also say, “You might want to try [Concern Health](#). Their counselors are good listeners who can offer you support and guidance.” To learn more about mental health, other excellent resources include the [National Alliance on Mental Illness](#) and [Mental Health America](#).
4. Follow up with them to see how they’re doing.

## STRESS LESS -- HARNESS THE POWER OF MINDFULNESS WITH eM LIFE

Moment to moment awareness of your thoughts and feelings, without the cloud of self-judgement, can help you recognize your stress triggers. Once aware, you’ll be able to pause those triggers before they set off unhelpful behavior, and instead choose alternative actions that are more productive. Whether you’re new to guided mindfulness or an avid practitioner, here are a couple of options that can help you cope with stress.

**Stress Less, Live More.** This live, immersive program helps lower stress and discover new strategies to make meaningful impact in everyday life. Improve physical health, emotional well-being, sleep, energy, performance, and effectiveness.

**Mindfully Managing Stress Collection.** On-demand 5-episode series: Reversing the Escalator of Stress, Smoothing Out the Roller Coaster Ride of Stress, Never Enough Time, Turning Self-criticism into Kindness, Calming Uncertainty and Confusion

To get started, visit <https://app.concernhealth.com/sso/login> and log in with your company code to access eM Life. For questions or for immediate support, call 800-344-4222.

**Note:** An Introduction to Concern’s guided mindfulness solutions flyer is attached

## ASSESSMENTS FOR STRESS, DEPRESSION AND ANXIETY

Mental health is a key part of your overall health. Brief screenings are a quick way to determine if you or someone you care about should connect with a mental health professional. These screenings are completely anonymous and confidential. Immediately following the questionnaire, you will see your results as well as recommendations for support resources.

[Stress](#) – Perceived Stress Assessment

[Depression](#) – PHQ-9 Depression Assessment

[Anxiety](#) – General Anxiety Assessment

## IMPROVE YOUR WELL-BEING

Mental health affects how you think and feel on a daily basis. Practice healthy habits to improve your well-being.

**Connect.** Feeling close to and valued by other people is vital to your health.

**Be Active.** Physical activity helps lower rates of depression and anxiety.

**Pause.** Being aware of the present moment allows for more enjoyment and awareness of life priorities.

**Learn.** Continued learning enhances self-esteem and encourages social interaction.

**Give.** Regular acts of kindness are associated with increased well-being.