

Embrace hope

May 2018 Newsletter

Featured Article:
**Turn your hope
into action**

Monthly Awareness:
**Transforming
stigma into
support**

Infographic:
**Five signs of
emotional
well-being**

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**Suicide — having
the conversation**



Whether you have a great idea or a gripe, you can learn about the channels of change where you live.
Find ways to take action.

Mental health matters are not someone else's worry. They're a concern for all of us.
Learn ways to help change thoughts and feelings around mental health.

Emotional well-being is just as important as your physical well-being. **Keep these five healthy habits of well-being in mind.**

Most people give warning signs before they attempt suicide. **Watch this video for ways to talk with someone you're concerned about.**

Getting help

Confidential support, information and resource referrals are available for a variety of concerns — both work and personal. Call for assistance for you, your household members or your adult children under age 26, whether they live at home or not. Call or visit us online today!

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Turn your hope into action



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Most of us can think of some things we'd like to change in our neighborhoods, towns or cities. Whether you have a great idea or a gripe, you can learn about the channels of change where you live. You might:

- Visit your town or city hall.
- Find out what departments handle what issues.
- Get to know the people in charge.
- Attend local council meetings to hear about the social, economic, environmental and other needs of your community.

You may be surprised to learn your pet project is already in the works. Or you may find out you can help in other areas.

Make change by volunteering

Another way to be a change agent is to volunteer. Willing hands are almost always welcome in places like:

- **Libraries.** You may be able to use your reading, organizational or clerical skills to assist at a library near you.

- **Schools.** From lunchroom aides to crossing guards, help is needed. You may even be able to participate in reading programs for students, become a mentor or help with afterschool activities.

- **Older adult sites.** You may be able deliver meals to people who are homebound, read to older adults or do errands.

- **Parks.** You can often help with upkeep as well as events like craft or garden shows, concerts, intramural sports and more.

Why wait for someone else to do it?

What hopes do you have for yourself and your community? Which of your interests could you translate into action? How might your skills improve your community? Go for it!

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Turning stigma into support



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We've come a long way from days when "crazy" and "nuts" were words often used to describe people with mental health issues. Yet we still have a way to go in getting past stigma around mental illness.

Why is there stigma?

There's often stigma — or shame — around mental health issues. Why?

- Mental health disorders can be hard to understand and even frightening.
- When we know, meet or hear of someone with an emotional problem, we may worry it can happen to us.
- We may not know how to react and respond to someone with a mental health issue.

Putting shame behind us

Mental health matters are not someone else's worry. They're a concern for all of us. Each year, almost one out of every five Americans suffers from a mental health disorder.¹

Considering those statistics, stigma and shame are just a waste of time. But what if we put our energy into accepting and treating mental illness like any other health problem?

How you can make a difference

Here are some ways to help change thoughts and feelings around mental health:

- **Learn more.** You can watch topical TV shows, read, and even attend live or online workshops to become more informed.
- **Fear less.** Keep in mind that many mental health disorders can be treated and managed. Medicines, counseling and lifestyle changes are just three ways people can cope and heal.
- **Get involved.** Join a support group or non-profit that promotes emotional well-being. Donate your time or money. Get closer to the issues in order to be part of the solution.
- **Take the pledge.** Visit [changedirection.org](https://www.changedirection.org) to learn the signs of mental health distress. Read about ways to help someone who's in emotional pain. Take the pledge to become more aware and proactive in the campaign for mental well-being.

¹Bekiempis, Victoria. [Nearly 1 in 5 Americans suffers from mental illness each year](#). Accessed March 2018.

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5 signs of emotional well-being

Healthy habits of emotional well-being of the Campaign to Change Direction

1

Take care

Eat well, sleep well, exercise



2

Check in

With family, friends and counselors



3

Engage

You can't be healthy emotionally if your relationships aren't



4

Relax

Be active, meditate, garden, dance, love, cook, sing...



5

Know

Know the Five Signs of emotional suffering



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