

Just
in case...



Ask for help

May 2020 Newsletter



Featured Article:

Do you hesitate to ask for help? | Many think asking for help shows weakness. [Read about how that's far from it...](#)



Monthly Awareness:

Mental health matters | We all need to be more aware of mental and emotional health because it affects everyone. [Here's how...](#)



Let's Talk video:

Children's mental health | As parents, meeting our kids' mental health needs is as important as providing shelter, food and love. [Learn more here...](#)



Podcast:

Signs and symptoms of mental health in children | COVID is putting stress on everyone right now — including your kids. [Listen to this month's podcast to learn how to recognize and respond to potential mental health problems...](#)



Infographic:

Find support in unexpected places | Now, more than ever, we all need to give and get support. [Read more about where to find it...](#)

Getting help | Get confidential support, information and referrals for work or personal concerns. We can help you, your household members or your adult children under 26, even if they live away from home. Call or visit us online today!



Do you hesitate to ask for help?

If so, you've got lots of company. Many people think asking for help is a sign of weakness. But here's an inspiring thought from former President Barack Obama: "Don't be afraid to ask for help when you need it. I do that every day."¹

COVID-19 and asking for help

If COVID-19 has reminded us of anything, it's that asking for help is a way to stay connected, to share assets, resources and reassurance. It's a sign of strength to know when you need something.

But it's not just now that asking for help is a sign of strength – it's all the time. When you ask for help, you:

- **Show respect.** It's a way of saying "you have more experience than me" and "I value your opinion."
- **Show your desire to learn.** It shows you want to continue to learn. It shows you're willing to listen to others' ideas.
- **Join the human race.** People didn't get this far by going it alone. We depended on teamwork and group cooperation to overcome obstacles and threats all through history.

Take care of yourself and others around you. This is a good time to listen to experts as well as to come together and share support and ideas. Asking for help gives you more information and makes you a great resource for others, too.

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¹[Brainyquotes](#). Accessed April 2020.

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All EAP calls are confidential, except as required by law. Information is not a substitute for diagnosis or treatment by a professional. Contact a professional with any questions about specific needs.

Mental health matters



Twenty percent of Americans have a mental health condition.¹ Why should that matter to you?

- It means that you — or someone you know — is likely dealing with a mental health issue.
- Whether it's depression, anxiety, bipolar disorder or another challenge, it impacts not just the person who has it — but everyone who cares about that person.
- It means we all have a stake in becoming more aware and proactive regarding mental wellbeing.

May is Mental Health Awareness Month

Since 1949, there's been one month a year dedicated to focusing on Mental Health Awareness. This helps us all:

- Become more aware of mental health issues
- Knock down myths
- Increase understanding
- Increase empathy toward those who suffer with mental health problems
- Ensure that those with mental health problems know they're not alone

This month, take some time to search National Alliance on Mental Health (NAMI) to learn important, helpful — even lifesaving — information about mental health. It matters to everyone.

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¹NAMI. Accessed April 2020.

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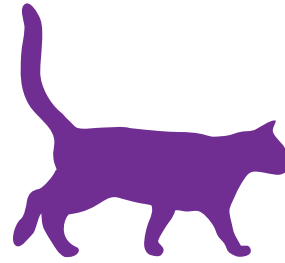
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Find support in unexpected places

Loved ones



Reach out to others instead of trying to handle things alone



Pets

Pet an animal to release feel-good hormones

Community



Connect with others for a sense of purpose

Where can you go when you need to connect?



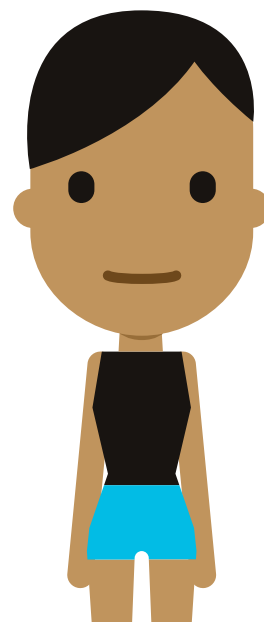
Memories

Think about happy times and get an emotional boost

Journals



Write down thoughts and feelings to improve your health



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