



Mental health awareness during COVID-19

This past year, mental health problems have climbed sharply. Why? COVID-19 has created fertile ground for stress, anxiety, depression and more. Many people are struggling.

How can you help?

One of the things that hurts people with mental health issues is the stigma around talking about them. You can help by:

- Not judging someone who has a mental health problem
- Building your own awareness and acceptance
- Giving support and help

Shining light on the issues

Shame and fear keep mental health problems in the shadows where they can't be addressed. You can help end this stigma by:

- **Learning more.** [Visit Give an Hour.](#) You'll learn the signs of mental health distress and how to help someone who's in emotional pain.

- **Fearing less.** Know that there are many treatments available for mental health disorders.
- **Becoming an advocate.** Get active in the campaign for mental wellbeing. [Go to Give an Hour](#) to learn about emotional skills, self-care and ways to support mental wellness in your area.

Everyone benefits when mental health issues are acknowledged, accepted and treated. Help make mental wellness a goal for all.

The EAP is administered by Resources For Living, LLC.

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.