

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.

¹NAMI. Accessed April 2020.

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.