



Resources *for* Living®

Be open to asking for help

Lately, vaccines for COVID-19 are creating hopeful, positive vibes. But for many people, the fears and uncertainties of the last year are still alive and well.

It's normal to have emotional reactions to the changes and losses from COVID-19. Here are some ways you can get help with those feelings:

- Open up to friends and loved ones who will listen and support you.
- Call us to connect with a counselor. We can help you process your grief and work toward recovering a more positive mindset.

Help for handling grief and loss

There's no timetable for getting through loss. Everyone's grieving process is different. During Mental Health Awareness Month, take time to learn more about sadness, loss and grieving from our resources. Remember, we're always here to help.

- [Personal perspective: Healing after a loss](#)
- [Mental Health 101](#)
- [Recognizing and coping with sadness after a loss](#)
- [Do you hesitate to ask for help?](#)
- [Infographic: What to do when you're feeling blue](#)
- [Tips for mental wellness](#)

In case you missed it

[Here are more mental health awareness resources we've shared so far this month.](#)

Make your mental wellbeing a priority. We're here 24/7 for you, your household members and children living away from home up to age 26.

Give us a call for free, confidential help and referrals for any emotional or mental health concerns you may have.

This e-mail was brought to you by Resources For Living.