

MAY IS  
MENTAL  
HEALTH  
AWARENESS  
MONTH



## UAW-Ford Supporting Mental Health Awareness in May

- ❖ 1 in 5 people will suffer from some form of mental illness in any given year

<https://www.nami.org/mhstats>

- ❖ Not all pain is physical and not all wounds are visible
- ❖ For more information *on mental health resources*, contact your ESSP Representative and/or CDR

**For free & confidential employee & dependent family member counseling call:**

**Beacon Health: 1-800-227-9622 (Hourly)**

**HMSA: 1-800-550-7200 (Hourly)**

**Total Health/HMSA: 1-888-667-6603 (Salaried)**