



May is Mental Health Month

Turn Awareness Into Action



What is Mental Health?

Mental Health is state of wellbeing in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community.

Mental illness is a condition that negatively impacts the way a person thinks, feels, and/or behaves.

https://www.who.int/health-topics/mental-health#tab=tab_1



For free and confidential counseling resources, contact your local ESSP Representative
or

CDRs: Hourly – Carelon Behavioral Health: 800-227-9622

Salaried – Lyra Health: 1-877-207-9822

FAST FACTS

1 in 5 U.S. adults experience mental illness each year.

1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year.

50% of all lifetime mental illness begins by age 14, and 75% by age 24.

Suicide is the **2nd leading** cause of death among people aged 10-14.

[Mental Health By the Numbers | NAMI](#)

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DIY Mental Health

Taking small actions can lead to big changes. Some tips include:

- Build a routine
 - *Create and implement a regular pattern of actions or tasks.*
- Practice mindfulness
 - *Be aware of your internal state and surroundings.*



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[Mental Health Month Action Guide | Mental Health America](#)

DIY Mental Health

Taking small actions can lead to big changes. Some tips include:

- Find new ways to nurture your spirit
 - *Write down 3 things you're grateful for today.*

These proactive actions drive wellness.

A graphic consisting of a light green rectangular background with a white horizontal strip in the center. The strip has a torn, deckle-like edge. The words 'Mental Health' are printed in a bold, black, sans-serif font on the white strip.

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The UAW-Ford Employee Support Services & Wellbeing Program offers...

Free, confidential, and voluntary, short-term counseling and referral resources for employees and their eligible family members.

And it can...

...help with issues that affect “the whole you”!



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