

# MAY IS MENTAL HEALTH AWARENESS MONTH



## Mental Health *IS* Health

For free mental health resources, contact your local **ESSP Rep** or scan a QR code:

Hourly:  
carelon  
Behavioral Health



Salaried:

lyra





# Why We Focus on Mental Health

- **1 in 5 adults** in the U.S. will experience a mental health condition this year.

[Mental Illness - National Institute of Mental Health \(NIMH\)](#)

- Mental health is **no longer a "taboo"** topic.
- Don't just "get by". Move from **"surviving" to "thriving"** by using the available resources.

*"Mental health is not a destination, but a process. It's about how you drive, not just where you're going." - Dr. Alpa Shah, Psychiatrist, Marshfield Clinic Health System, Wisconsin*



Salaried:



MAY IS

# MENTAL HEALTH

## AWARENESS MONTH

Let's talk about mental health





# WHY MENTAL HEALTH IS VERY IMPORTANT?

## It's All Connected

- Your brain is an organ, just like your heart or lungs.
- Chronic stress releases cortisol, which can lead to:
  - High blood pressure
  - Weakened immune system
  - Digestive issues

*When we treat our mental health, we are often treating our physical symptoms as well.*

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# Recognizing the Signs

## Anxiety vs. Depression:

- **Anxiety** can show as persistent worry, restlessness, or "racing" thoughts.
- **Depression** can show loss of interest in hobbies, changes in sleep/appetite, and persistent sadness.



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# Mental health **healing**

## Daily Tools for Success

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- **The "Basics" Matter:**
  - **Sleep:** Aim for 7–9 hours to allow the brain to "recharge."
  - **Nutrition:** "Eat the rainbow"—whole foods fuel brain function.
  - **Movement:** Even a 10-minute walk can lower cortisol levels.

**The Power of "Vitamin G" (Gratitude):** Practicing gratitude daily can rewire the brain to look for the positive rather than the negative.

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If you would like information on free and confidential counseling and other health and wellness resources, **contact your local ES&P Representative** or the CDR/EAP Agencies:

**Hourly**

Call Carelon Behavioral Health: 800-227-9622 or  
Scan the QR code:



**Salaried**

Call Lyra Health: 877-207-9822 or  
Scan the QR code:

