

Your Wellness Matters

Mental Health



Your mental health plays a large role in your overall well-being. In the midst of the coronavirus pandemic, many Americans have reported a decline in their mental health. According to the World Health Organization (WHO), 45% of U.S. adults have reported distress during these times.

What is mental health?

Your mental well-being includes how you think, act and feel. It also helps you cope with stress, relate to others and make decisions. According to the WHO, there's not a specific definition of mental well-being. However, various studies agree that achieving a state of mental well-being includes being able to:

- Realize your full potential.
- Work productively.
- Cope with normal stresses of life.
- Contribute meaningfully to your community.

Mental well-being includes mental health, but goes far beyond treating mental illness. For example, you could go through a period of poor mental health but not necessarily have a diagnosable mental illness. Mental health can change over time, depending on factors such as your workload, stress and work-life balance.

Why is mental well-being important?

Your mental well-being is tied directly to your physical health. Individuals with poor mental health or untreated mental illness are at risk of developing many chronic conditions like Type 2 diabetes, stroke, heart disease and obesity.

Poor mental health can also cause negative effects in your work life as well as in your social life. If you have poor mental health, you may experience productivity issues at work and may experience withdrawal or feelings of loneliness.

What resources are available to me?

- Family Support - National Alliance on Mental Illness (NAMI): <https://www.nami.org/Find-Support>
- U.S. Crisis Text Line: Text HOME to 741-741
- Substance Abuse Support Helpline: 1-800-662-4357
- National Institute of Mental Health (NIMH) Find Help: www.nimh.nih.gov/findhelp
- National Suicide Crisis Lifeline: 1-800-273-8255 or dial 988
- National Domestic Violence Hotline: 1-800-799-7233

Where can I learn more?

For more information about mental well-being, please contact your doctor or counselor.

YOU ARE NOT ALONE.

Access your full Employee Assistance Program by calling
1-800-521-3273.