

May Mental Health Awareness Month

Hello!

Since May is Mental Health Awareness month, our USI team has compiled information that may be helpful in communicating and supporting employees and family members that are struggling. Please see the attached resources and information below.

1. **National Alliance on Mental Illness** -- <https://nami.org/Support-Education>

2. **The [9-8-8 Suicide & Crisis Lifeline](#) from this link you can download many different resources that will assist you in sharing with your population along with those attached! Here are some key points:**
 - a. Launched nationwide on July 16, 2022, 988 will be the new three-digit number for call (multiple languages), text or chat (English only) that connects people to the existing National Suicide Prevention Lifeline, where compassionate, accessible care and support are available for anyone experiencing mental health–related distress.
 - b. 988 offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress. That could be:
 - i. Thoughts of suicide
 - ii. Mental health or substance use crisis, or
 - iii. Any other kind of emotion distress
 - c. People can call or text [988](#) or chat 988lifeline.org for themselves or if they are worried about a loved one who may need crisis support.
 - d. People can also dial 988 if they are worried about a loved one who may need crisis support.
 - e. 988 will be confidential, free, and available 24/7/365
 - f. 988 call services will be available in Spanish, along with interpretation services in over 150 languages.
 - g. Sources: 988 is an initiative in collaboration with the following three partners. Additional information and resources can be found within each source linked below.
 - i. [SAMHSA \(Substance Abuse and Mental Health Services Administration\)](#) / [Toolkit](#)
 - ii. [National Action Alliance for Suicide Prevention](#) / [Toolkit](#)
 - iii. [Vibrant Emotional Health](#)
 - iv. <https://suicidepreventionlifeline.org/current-events/the-lifeline-and-988/>

3. **[American Psychological Association](#) where many articles are centered around mental health along with podcasts and other resources that can be accessed for free.**

4. **[Workplace Mental Health](#) includes many resources for employers wanting to support Mental Health Programs for the Workplace. Here you can find links to blogs, articles, PDFs, infographics and more to help destigmatize mental health in the workplace.**
 - a. It includes the [ICU Program](#) “I See You” which is a campaign for employers designed to raise awareness of mental health in the workplace.

5. **[Mental Health America](#)** is another great resource for employers communicate and educate around mental health.
 - a. The [#B4Stage4 Philosophy](#) helps employers communicate to employees ways to identify symptoms before they worsen to mental health diagnosis.
 - b. Also includes a [Workplace Mental Health Toolkit](#)

6. **Cigna's Mental Health Toolkit:** [Mental Health Awareness Month toolkit](#)
7. **Lyra's Mental Health Resources:** [The Economist Report](#)
 - a. [Destigmatizing Mental Health at Work guide](#)
 - b. [10 Misconceptions About Mental Illness blog](#) by Dr. Grasso
 - c. [High-Functioning Anxiety: Symptoms, Treatment, and Ways to Cope](#)
 - d. [Mental Health Stigma in the Workplace \(and How to Overcome it\)](#)
 - e. [4 Ways to Calm Eco Anxiety](#)

8. **USI Flipbooks:**
 - a. Mindfulness: [English Flipbook](#) | [Spanish Flipbook](#)
 - b. Resilience: [English Flipbook](#) | [Spanish Flipbook](#)
 - c. Self-Care: [English Flipbook](#) | [Spanish Flipbook](#)
 - d. Sleep Awareness: [English Flipbook](#) | [Spanish Flipbook](#)
 - e. Sleep Habits: [English Flipbook](#) | [Spanish Flipbook](#)
 - f. Stress Mgmt: [English Flipbook](#) | [Spanish Flipbook](#)

9. **Below are three of USI's FLIMP videos on the topic of Mental Health. Please use the links to insert into electronic documents, webpages or other locations where links can be included! If you need a picture to embed each link, those are also included!**
 - a. Your EAP: <https://flimp.me/HubDeliverablesEAP>



- b. Managing Stress and Mental Health: https://flimp.me/HubDeli_ManStressMentHe



c. Mental Health FAQ: <https://flimp.me/HubDeliverablesMentalHealthFAQ>



Attachments:



Resilience and
Wellness Client Facing



EAP_Mental-Health-E
mployee-Flier.docx



988_FAQ.pdf



Mental Health First
Aid.pdf



988_Fact Sheet.pdf



May-2023Mindfullness
Calendar Calm.pdf