

In support of Mental Health Awareness Month, our second toolkit brings together the latest resources to help raise awareness among your employees/members about mental health assistance, especially during the COVID-19 pandemic. Explore and share the tools below. And, for more information, visit BeaconHealthOptions.com/mentalhealthawarenessmonth.

Take care



Walk your way: You're invited to take part in the National Association for Mental Illness (NAMI) Walk to raise awareness for mental illness on May 30. This year, due to the COVID-19 pandemic, NAMI Walks are going virtual, with "NAMI Walks Your Way." Participants will be walking on a treadmill, taking a few laps around the backyard, or going to a local park, all while taking the most careful precautions to stay safe. Click the link below to sign up and learn more about the 120 NAMI Walks across the country.

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Increasing mental toughness: Mental toughness can help you deal with challenging times, but, how do you cultivate it? What are the characteristics to focus on? What are the steps you can take to build your mental toughness? Our Caring Through COVID webinar, "Increasing Mental Toughness," explores the answers to these questions and more. Click the link to watch the replay on demand.

WATCH NOW



Earvin "Magic" Johnson #MeMinutes

Make time for #MeMinutes: Beacon Health Options invites you to take part in #MeMinutes in support of the National Alliance on Mental Illness (NAMI) Mental Health Awareness Month. Take a few #MeMinutes each day to do something that offers you a healthy break. A walk around the block. Play time with your puppy. Checking in with a friend. Or any other activity that's focused on self-care and wellness. For a little extra #MeMinutes inspiration, take a look at what [Earvin "Magic" Johnson](#) and [Billie Jean King](#) have to say.

Please share your #MeMinutes via social media to show friends and colleagues they are not alone. Click below to download #MeMinutes employee materials.

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Stamp out stigma



How to help someone navigate a mental health crisis: Nearly half of adult Americans report that COVID-19 has negatively affected their mental health. For people with existing mental health conditions, the added burden can lead to potential mental health crises. Support from family and friends can make a difference, particularly when a person is in crisis. Discover how you can help.

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It's okay to ask for help: You probably don't think twice about contacting a doctor when you have a bad cough or a new pain that has you worried. But what if you notice a troubling change in your mood, sleep patterns, work habits, or relationships? For many people going to a company employee assistance program (EAP) or making an appointment with a therapist is hard to do. Learn more about why asking for help is the first step to moving toward a healthier mental wellbeing.

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