

MAY



Mental Health Awareness Month



Mental health is an essential part of our overall well-being. It affects how we think, feel, and act, shaping our daily experiences and how we cope with life's stressors. Just as we prioritize our physical health, caring for our mental health is equally important.

You Are **NOT** ALONE

Millions of people are affected by mental illness each year. Mental Health Awareness Month is an opportunity to raise awareness, reduce stigma, and encourage open conversations about mental wellness—because no one should face life's challenges alone.

In 2024, 23.4% of U.S. adults experienced mental illness (61.5 million people). This represents more than 1 in 5 adults.

Support Is Available

At EMR, your mental health matters. Below are a few resources available that provide confidential mental health support for you and your family.

Emotional Wellbeing Solutions via Optum

EMR provides eligible employees and dependents with Emotional Wellbeing Solutions (EWS). It is a modern and flexible employee assistance program that, together with WorkLife Services, offers support for everyday life. You and your dependents are provided with access to **six (6) face-to-face or telephonic sessions** per incident, per year. Sessions with the counselor are completely confidential and available at no cost to you. Contact Optum at **866.374.6061** and use the company access code: **EMR**.

Compassionate Support for Substance Use Disorder

You and your covered family members enrolled in one of EMR's medical plans have access to resources like self-help tools and licensed therapists (in person or virtual) to support your recovery journey. For confidential help, call the Substance Use Helpline at **1.855.780.5955**, available 24/7. If you or someone you know is experiencing thoughts of suicide, call 911 or the National Suicide Prevention Lifeline at **988**.

Public Mental Health Resources

- **Depression and Bipolar Support Alliance:**
312.642.0049
- **International Foundation for Research and Education on Depression (iFred):** **734.355.6716**
- **National Institute of Mental Health:** **866.615.6464**
- **Mental Health America (MHA):**
Call or text **988** or chat at **988lifeline.org**.
- **Substance Abuse and Mental Health Services Administration (SAMHSA):** **800.622.4357**

Check in With Yourself

Ask yourself how you are feeling emotionally and physically. A simple pause to reflect can help you catch stress early, clear your mind, and prioritize what you need in the moment, whether it's rest, connection, or movement.

Sources:

- www.nami.org/mental-health-by-the-numbers/

Please note: This information is for educational purposes only and is not intended to replace professional medical advice, diagnosis, or treatment. Always consult your healthcare provider for medical concerns. Please refer to your plan documents for specific benefit details and limitations.

