



Caring for Your Mental Health

Mental health includes emotional, psychological and social well-being. *Self-care* can play a role in maintaining your mental health and help support your treatment and recovery if you have a mental illness. Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. When it comes to your mental health, self-care can help you manage stress, lower your risk of illness and increase your energy. Here are some tips to help you get started:

- **Get regular exercise.** Just 30 minutes of walking every day can help boost your mood and improve your health.
- **Eat healthy, regular meals and stay hydrated.** A balanced diet and plenty of water can improve your energy and focus throughout the day.
- **Make sleep a priority.** Stick to a schedule, and make sure you're getting enough sleep.
- **Try a relaxing activity.** Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation or breathing exercises.
- **Focus on positivity.** Identify and challenge your negative and unhelpful thoughts.
- **Stay connected.** Reach out to friends or family members who can provide emotional support and practical help.

BHS can help with the following issues:

- Stress Management
- Personal Relationships
- Marital/Family Issues
- Parent-Child Conflict
- Grief & Loss
- Coping After a Tragedy
- Depression & Anxiety
- Work-Related Problems
- Alcohol & Drug Abuse
- ADD/ADHD
- Life Transition
- Eating Disorders
- Financial/Legal

YOUR EAP BENEFIT

EAP sessions are free to employees and dependents and are completely confidential. To get started, call BHS at 800-245-1150 to be connected to your designated Care Coordinator. After an assessment your Care Coordinator will refer you to the appropriate resources, which may include an appointment with a mental health professional, community resources, support groups, an attorney, and/or a financial consultant.

Self-care looks different for everyone, and it is important to find what you need and enjoy. It may take trial and error to discover what works best for you. In addition, although self-care is not a cure for mental illnesses, understanding what causes or triggers your mild symptoms and what coping techniques work for you can help manage your mental health.

When to Seek Professional Help:

Seek professional help if you are experiencing severe or distressing symptoms that have lasted two or more weeks, such as:

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Inability to perform usual daily functions and responsibilities

Don't wait until your symptoms are overwhelming. Call BHS at 800-245-1150 to discuss your concerns with your designated Care Coordinator.

Know Your Resources:

You can contact the following resources for additional support:

- National Suicide Prevention Lifeline: call 1-800-273-8255 or text 988
- National Alliance on Mental Illness (NAMI) Hotline: call 1-800-950-6264
- National Alliance on Mental Illness (NAMI): text HOME to 741741
- Substance Abuse & Mental Health Services Administration (SAMHSA): call 1-800-662-4357
- National Domestic Violence Hotline: call 1-800-799-7233 or 1-800-787-3224

Access Your Benefits:

Accessing your Employee Assistance Program (EAP) has never been easier! Call 800-245-1150 or visit www.behavioralhealthsystems.com to learn more about your benefits and schedule a free, confidential visit with a mental health professional.



Telehealth
Available via phone
or web-based



In-Person
With a doctor,
counselor or advisor



Digital
Access to
Virtual solutions



BEHAVIORAL HEALTH SYSTEMS

Behavioral Healthcare Programs for Business & Industry Since 1989