

Mental Health Awareness Week: May 12-18

Mental Health Awareness Week promotes greater public awareness and understanding of mental health and mental illness. Whether or not we have a diagnosis of a mental health condition, it's always important to take care of our minds as well as our bodies:

- If you're feeling or doing things that are out of character, or those around you are worried, seek expert help – your PCP is a good place to start.
- Your Employee Support Program can help too, providing emotional support to help you cope, as well as information on getting a diagnosis, treatment options, and information on local or national mental health services.
- If you have been diagnosed, learn as much as you can about your condition, even if you feel well. Knowledge is power, and it can help you cope much better.

Available any time, any day, your Employee Support Program can provide free, confidential support on this topic, as well as any issue that matters to you and your family.



AROUND-THE-CLOCK, FREE, CONFIDENTIAL ASSISTANCE

PHONE NUMBER: 1-800-280-3782

WEBSITE: www.bhoptions.com

COMPANY CODE: CCSD