

EMBRACE MENTAL HEALTH MONTH

The **National Alliance on Mental Illness (NAMI)** has designated the month of May as **Mental Health Month**. This is a time set aside to recognize the importance of self-care practices aimed at our mental health. It is also a time when we promote the importance of eliminating the stigma associated with seeking care for our mental health.



The theme of this year's awareness campaign is **CureStigma** and they have developed a website — curestigma.org — that has a number of resources available. Visit CureStigma.org and to view the resources for promoting mental well-being during the month of May.

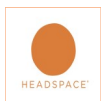
Mental Health Facts & Stats

- Stigma may not directly affect you, but it prevents the 1 in 5 Americans with mental health conditions from seeking help.
- 1 in 5 American adults and children will experience a mental health condition in their lifetime.
- 75% of all chronic mental health conditions begin by the age of 24.

Your BHS EAP is a free and confidential service, which provides assessment and short-term counseling for a variety of mental health, substance abuse and work/life related issues. To learn more about your available benefits, contact your BHS Care Coordinator at 800.245.1150.

THERE'S AN APP FOR THAT...

While much is written about the negative aspects of the impact that technology has on our lives, it also holds the potential for having a very positive impact on our overall mental health and sense of well-being. Three apps in particular are focused on helping us make time to give our mental health a mini workout each day.



Headspace is an app that helps to promote mindfulness in our lives. It has a number of guided meditation sessions that help us minimize stress by focusing on the now. By getting into the habit of taking time to relax, breathe and be in the present, we develop a healthier perspective of the world around us and our place in it.



MindSpace helps to promote positive mood-enhancing practices by helping us set daily goals that focus on identifying things we are grateful for each day, finding alternate ways of looking at situations affecting us and creating thought journals to see where our thinking might not be 100% accurate. By taking time for these simple activities, you can alter the way you experience the world.



10% Happier seeks to make the practice of meditation something that is simple for anyone to try.