



October 10, 2020 is World Mental Health Day

World Mental Health Day (WMHD) aims to raise awareness of mental health. Mental disorders affect people of all ages, races, genders and social status. Worldwide, just over a tenth of people live with a mental health disorder. Despite the prevalence, mental health problems are still associated with stigma and seeking professional help is difficult.

The unprecedented impact of the current global health emergency caused by COVID-19 is affecting the mental health of millions of people. Social isolation and uncertainty brought on by the pandemic have led to widespread fear, anxiety and emotional distress.

If you are physically ill, you go to the doctor and seek treatment. The case is the same with mental health. If your emotions feel uncomfortable or you are having difficulty with your thinking and relating to others, you should not be ashamed to seek treatment. Benefits of mental health treatment include improved quality of life and relationships, reduced likelihood of complications from substance addictions, better performance at work, lower risks of medical problems and a better sense of self.

Help is available. Your program is completely confidential and here to help you and your household members 24/7/365. No situation is too big or too small. Give us a call or visit your program website to get started.

Sources: <https://www.awarenessdays.com/awareness-days-calendar/world-mental-health-day-2020>; <https://ourworldindata.org/mental-health>

Improve your mental health

- 1. Get your body moving.** When you exercise, you release endorphins that trigger positive feelings and increase emotional well-being. It can be as simple as a short walk a few days a week.
- 2. Surround yourself with supportive people.** Your way of thinking is influenced by those around you. Find people who make you feel good about yourself.
- 3. Put your needs first.** Make sure to take care of yourself so that you can be there for others.
- 4. Practice forgiveness.** Forgive yourself and others. Everyone makes mistakes; learn from what has gone wrong, but don't dwell on it.
- 5. Cut out bad habits.** Look at your lifestyle. If you see habits that don't work well for you, come up with a plan to stop them. Consider whether short-term gratification is worth the long term consequences.

**Employee Assistance Program
1-800-356-7089**

TTY Users: 1-800-456-4006

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