

# MENTAL HEALTH MOMENT

# MAY IS MENTAL HEALTH MONTH

May is Mental Health Month! Here are some ways to overcome stigma about mental health by replacing **myths** about mental health with **facts**:

## MYTH: MENTAL HEALTH TREATMENT IS ABOUT WHAT IS "WRONG" WITH YOU

**FACT:** People seek out treatment to **improve their level of skill** to manage life situations. People are amazingly resilient and often haven't been formally taught mental health skills similar to physical self-care. For many people seeking mental health treatment is similar to why people go to the gym. **They want to improve** mental fitness.

## MYTH: TREATMENT IS FOR PEOPLE THAT ARE WEAK

**FACT:** Overcoming mental health stigma is a sign of strength. It is courageous to reach out for help when needed. An often-repeated comment is "I should have come sooner!" **It is usually when people become most courageous** that they choose to seek help.

## MYTH: MENTAL HEALTH TREATMENT IS FOR WHEN YOU ARE ILL

**FACT:** While illness is a normal reason to seek help, people often seek treatment to **improve their mental wellness**. Many people have medical procedures that measure their wellness and give tips for self-care. Receiving a mental health assessment for wellness can be similar to receiving a history and physical for physical fitness.

## MYTH: I CAN'T DO MUCH ABOUT MENTAL HEALTH STIGMA

**FACT:** You can do a lot. If you feel comfortable, **share your story** of mental wellness with those you feel comfortable. The more we speak openly about your mental health journey the better others may feel in discussing their journeys. If someone shares their story be curious and thank the person for their openness. Are you a leader in an organization? Leaders who share their stories create a culture that values mental health.

## MENTAL HEALTH MATTERS

**ACCESS TO PRIVATE AND CONFIDENTIAL MENTAL HEALTH TREATMENT IS PROVIDED BY YOUR EMPLOYEE ASSISTANCE PLAN.**

**SET AN APPOINTMENT TODAY!**



**87%**

The percentage of employees that report benefitting from counseling

**20%**

The percentage of employees that could benefit from EAP counseling in a given year

**3-5%**

The percentage of employees in a year that will seek counseling on their own



Prepaid Counseling is provided by your **Employee Assistance Plan**

To schedule private and confidential EAP counseling sessions:



**1 800 342 5653**



**www.bowencenter.org**