



MENTAL HEALTH Awareness Month

May is Mental Health Awareness Month – a time to prioritize and focus on our mental well-being.

Check out our tools, resources and offerings to support your mental health this month – and every month!

Employee Assistance Program (EAP)



EMPLOYEE COUNSELING OPTIONS

- **Wisconsin:** [Aspirus Employee Assistance Services](#)
 - Call 800-236-4457 or 715-847-2772
- **Michigan:** [Northstar Employee Assistance Program for Aspirus U.P. entities](#)
 - Call 906-225-3145 or email northstareap@att.net

Suicide Hotline: 988

The 988 Suicide & Crisis Lifeline is a national network of local crisis centers providing free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States.

Active & Fit

- Free meditations, breathing exercises and yoga.



WWW.ACTIVEANDFIT.COM

Lincoln Financial Group *EmployeeConnect*

- Offers professional, confidential services to help you and your loved ones (counseling, legal support, help with everyday life).



EMPLOYEECONNECT FLYER

MDLIVE

- An option for those on the Aspirus medical insurance. Provides therapy and psychiatry from the privacy of your home.



LEARN MORE ABOUT MDLIVE

ManageWell - May Mindfulness Resources

- Log in and click on "Monthly Wellness Education" to access.



WWW.MANAGEWELL.COM

Aspirus Healthy Living Resource Center

- [Assess How You Manage Stress](#)
- [Should You Be Screened for Anxiety?](#)



MORE MENTAL HEALTH INFO

Mental Health Awareness Month - Lunch & Learns (Webex)

Click "Register Now" buttons to sign up!



Reducing Anxiety - May 11 - Noon to 12:30 p.m. (CST)

Learn about anxiety and identify healthy and effective strategies for dealing with it.



Got Stress? Tips and Tricks for Stress Reduction - May 18 - Noon to 12:30 p.m. (CST)

Learn best practices for helping our bodies reduce stress prior to helping others.



Care for the Caregiver: Compassion Fatigue - May 25 - Noon to 12:30 p.m. (CST)

Learn about symptoms, misconceptions, treatment and prevention of compassion fatigue, and why it's important to care for yourself as a caregiver.

