# Mental Health Awareness Month

**Welcome!** May is Mental Health Month, and with the public health crisis of COVID-19, there is no time like now to discuss the stigma associated with mental illness. This toolkit brings together the latest resources to help your team and patients navigate mental well-being. Explore and share the tools below. And, for more information, visit BeaconHealthOptions.com/mentalhealthawarenessmonth.

## Take care

**Make time for #MeMinutes:** In our constantly changing environment, mental health and wellness are more important than ever. Beacon Health Options invites you to take part in #MeMinutes in support of the National Alliance on Mental Illness (NAMI) Mental Health Month.

Take a few #MeMinutes each day to do something that offers you a healthy break. It can be a walk, listening to a podcast, connecting with a friend, or another activity to promote self-care and wellness. Then, show friends and colleagues they are not alone by sharing your #MeMinutes via social media. Click to download #MeMinutes materials.

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**The power to manage COVID-19:** Today's public health crisis has resulted in frontline healthcare workers working long hours in substandard conditions with patients who are often very ill and highly contagious resulting in a fear for their personal health and that of their families. Learn how healthcare workers can navigate this extraordinarily stressful time.

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**How to help someone navigate a mental health crisis:** Nearly half of adult Americans report that COVID-19 has negatively affected their mental health. For people with existing mental health conditions, the added burden can lead to potential mental health crises. Support from family and friends can make a difference, particularly when a person is in crisis. Discover how you can help.

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# Stamp out stigma



**Understanding mental illness:** Most of us likely have a loved one, family member, or friend with a mental illness. In fact, there's a 20 percent chance you will have a mental illness. Yet, there is still stigma around issues such as bipolar disorder, depression, and anxiety. Stigma can hurt relationships, work, and family, and make a person with an issue more afraid to seek help. Reduce stigma by learning more about the nature of mental illness.

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