



# #checkin Your Mental Health Matters

**May is Mental Health Month** and this year, we encourage you to **#checkin** on your mental health and on those around you. You never know when a conversation can make a difference.

To make it easier to **#checkin**, your **Employee Assistance Program** offers a free **Mental Health Month toolkit**. In it you'll find shareable tips, posters, stories and advice that empower people to:

- Know what to say when someone needs help
- Learn the warning signs and symptoms of mental conditions
- Understand the importance of getting help
- Realize there is hope and recovery is possible
- Learn healthy habits to improve health
- Take advantage of free resources for support

Share this **Mental Health Month Toolkit** (updated this year!) at any time with anyone – including your employees, family, friends or anyone that may need it. Noticing that someone seems “off” may be a great first step to early intervention and getting the right help and support.

Don't forget your free EAP offers resources too. Counseling, coaching, consulting and online tools are available for anything you have going on in life. Whether you're dealing with divorce, trying to save money for a house, work better with your boss or raise a teen – we're here for you.

We look forward to your **#checkin** soon!

Sign up to attend this month's free webinars on **[Navigating Personal Challenges](#)** and **[Supporting Employees with Personal Challenges](#)** by clicking the links or visiting our homepage.