

Wellness News



National Mental Health Month
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May is Mental Health Month

Mental health and substance abuse issues not only impact an individual experiencing the illness, they create a ripple effect impacting family, friends, co-workers and ultimately the community. According to NAMI, 1 in 5 US adults experience mental illness with 1 in 25 experiencing serious mental illness.

Mental health conditions affect a person's thinking, feeling or mood. These conditions may affect the person's ability to relate to others and function each day. Each person will have different experiences, even people with the same diagnosis. In May, we encourage you to raise awareness and support throughout your workplace to help debunk the harsh stigma around mental health.

CareFirst Resources

Our specially trained service representatives, registered nurses, clinical social workers and licensed behavioral health specialists will connect you to the right services based on your individual needs:

- Help finding the right mental health provider(s) and schedule appointments
- Connect you with a care coordinator who will work with your doctor to create a tailored action plan
- Find support groups and resources to help you stay on track.

CareFirst members have access to specialized services and programs for depression, anxiety, drug or alcohol dependence, eating disorders and other mental health conditions.

For support during a crisis or help making an appointment, call 800-245-7013 or for more information visit carefirst.com/mentalhealth.

National Resources

- National Institute on Mental Health (www.nimh.nih.gov)
- National Alliance on Mental Health (www.nami.org)
- MentalHealth.gov (www.mentalhealth.gov)
- The Center for Disease Control and Prevention (<https://www.cdc.gov/mentalhealth/>)

How to Connect

Inspirations and Relax 360°

Inspirations and Relax 360° can help you take control of stress. Available through the CareFirst Wellness Portal - Sharecare, both tools offer relaxation and wellness videos that help you experience freedom from stress, unwind at the end of the day, or ease into a restful night of sleep.

Video Visit for Mental Health

Did you know you can utilize your CareFirst Video Visit to talk with a therapist or psychiatrist? Chat virtually with a mental health expert to help manage your concerns or issues including anxiety, depression and grief.

Register today by visiting carefirstvideovisit.com or download the CareFirst Video Visit app from your favorite app store.

Routine is Key

NAMI stresses the importance of addressing mental health concerns for employees and ourselves, including during work-from-home situations. Normalcy and routine helps to overcome uncertainty during this unprecedented time due to COVID-19 and new routines. Here are some of NAMI's recommendation on how you can maintain normalcy:

- Create a dedicated work environment in your home
- Maintain a consistent routine
- Take breaks to walk, stretch, and hydrate!
- Stay connected to friends, family, and co-workers.
- Communicate face-to-face

How to Improve Mental Health

- Stay connected – meet up with friends and family or join social groups
- Stay active – physical activity is good for your mental health. Go out for a walk or find an exercise routine you enjoy.
- Stress less – incorporate stress management techniques such as yoga or meditation, or simply make leisure time a priority
- Get a Good Night's Sleep – Adequate and consistent sleep can improve your mood, energy levels, mental sharpness, and stress management.
- Food can boost your mood – a healthy diet can improve energy levels, sleep, and mood.

Promote Mental Health at Work

- Wear Green Day – Green is the Mental Health Awareness color. Encourage employees to wear green on Friday, May 7th, 2021.
- Encourage employees to join NAMI "You Are Not Alone" Campaign. Learn more at [Mental Health Month | NAMI: National Alliance on Mental Illness](#).
- Encourage employees to take a pledge to be Stigma Free at [StigmaFree Pledge | NAMI: National Alliance on Mental Illness](#)
- Encourage walking or other breaks for employees to promote wellness and mental health.