

DAILY FLASH: **OCTOBER 5, 2020**

Mental Wellness—The Facts & Living through a Pandemic

This week marks the 2nd Annual Mental Wellness Week at Allan Myers. This week is intended to raise awareness, dispel misconceptions, and communicate support channels for our employees' mental wellness. These issues are very common, and not commonly talked about. This year, the COVID 19 pandemic is having an impact on the mental health of many more. This week we will be talking about these issues to remove the stigma and promote the many resources available to you for help.

Anxiety and Depression:

- The most recent Census data shows 40% of the U.S. population suffers from anxiety or depression related issues each year. That number is 55% in people ages 18-25.
- A recent poll done by the Kaiser Foundation found that the pandemic had negatively affected the mental health of 56% of adults.
- In April, texts to the federal emergency mental health line were up 1000% from the previous year.
- Depression, anxiety, PTSD, substance abuse, and domestic violence almost always surge after natural disasters. Unlike disasters like wildfires, or floods, you can't see the COVID virus. When the flames go out or the water recedes, rebuilding can begin. With the unknowns with this virus, and no concrete end in sight, this disaster is particularly taxing on mental wellness.
- Anxiety and depression are highly treatable.
- 70-90% of people who seek proper treatment for mental wellness issues witness a significant reduction in symptoms.

Resources:

TALKSPACE: This is a benefit offered to Allan Myers employees and their loved ones (over the age of 13) at no charge. Allan Myers has increased this benefit to offer 12 months of unlimited, virtual therapy sessions with nothing more than your smart phone. You can message with your therapist anytime, anywhere. Participation in Allan Myers medical benefits plans is not required. Allan Myers, your family, even your spouse won't ever know you contacted TalkSpace...it is completely confidential and private. Go to: www.talkspace.com/allanmyers

MANTHERAPY.COM: Working aged men (25-54 years old) account for the largest number of suicide deaths in the U.S. These men are also the least likely to receive any kind of support. They don't talk to their friends; they don't share with their family. They are the victims of problematic thinking that says mental health issues are unmanly or signs of weakness. Mantherapy.com talks about mental health in an easy, written and video-based website that uses humor to drive home important information.

REX'S STORY

<https://www.youtube.com/watch?v=QHZiephzf1Y>

If you have a topic of interest that you would like to include on this daily communication, please contact Samantha Krebsbach at Samantha.Krebsbach@allanmyers.com.