

DAILY FLASH: OCTOBER 6, 2020

Mental Wellness—How to Help Yourself or Someone You Care About

Warning Signs of Depression: <https://www.youtube.com/watch?v=8F3vfUNDBtM>

Adults in the U.S. are more likely to experience a mental health issue like anxiety or depression than they are to develop diabetes, heart disease, or any kind of cancer.

The COVID pandemic has caused incredibly difficult situations for many people. Job loss, illness, fear, childcare, isolation and more. Those who haven't suffered from mental health challenges in the past, may have developed them now. Those who have had their mental health issues under control, may have seen a spike in symptoms. Those whose mental health issues have been untreated, may now feel overwhelmed or in crisis.

Help is available. Please know and understand the options for help for mental health support for family, friends, and co-workers.

Resources:

These are the resources available to every Allan Myers employee and your family members, regardless of participation in our medical plan:

TALKSPACE: This is a benefit offered to Allan Myers employees and their loved ones (over the age of 13) at no charge. Allan Myers offers 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

EMPLOYEE ASSISTANCE PROGRAM (EAP) AND HEALTH ADVOCATE: These are benefits offered by Allan Myers to help connect you to mental health support in your medical plan network. The EAP can provide 5 phone sessions with a licensed therapist and can then

assist in finding an in-network provider in your area. The Health Advocate is a service that can do all the legwork for you in calling multiple offices and finding exactly what you or your loved one needs in a provider and finding out about available appointments. They can save you a lot of time and energy, so you can focus on what matters. These benefits are offered at no cost to you, and you do not need to participate in the Allan Myers medical benefits plan to use them. **EAP** 1-800-437-0911
Health Advocate: 1-866-695-8622

NATIONAL SUICIDE PREVENTION HOTLINE: If you or someone you are about is at risk for suicide, the National Suicide Prevention Hotline is staffed with professionals who can help. These professionals are just a phone call away at 1-800-273-8255

CRISIS TEXT LINE: Crisis support is available by texting the word HELLO to 741741. Crisis Counselors are available 24/7 to help you or a loved one in crisis.

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.