



## Discovering Your Path: Mental Health Awareness Month

The world is constantly changing – for better or for worse – and it can be overwhelming to deal with everything going on around you. While society is getting more comfortable discussing mental health, it can still be hard to know “Where to Start” when it comes to taking care of your own well-being.

### Learn:

Your BHS benefits offer many resources to help guide you on your path to Mental Health well-being. It is important to know your options to navigate a changing world. Learn more by contacting your BHS Care Coordinator or log on to BHS MemberAccess to discover self-guided resources, schedule appointments and learn about your benefits.



### Act:

Be proactive and improve your mental health by building your personal toolbox. Use grounding techniques when you are overwhelmed, find a compatible mental health provider and understand how to manage stress in your life. Being proactive with your mental health needs will improve your wellbeing and help you be an advocate for others in your life.

### Advocate:

One of the best ways to embrace Mental Health Awareness Month is by talking about it with your peers and loved ones. Be a *Mental Health Champion* and help reduce the stigma of mental health counseling. The more you talk about it, the more normalized it will become. Even if a colleague, family member or friend isn't ready to discuss Mental Health, let them know they can turn to you.



**Your BHS Benefits & Employee Assistance Program (EAP) provides free and confidential assessment and counseling services. The BHS company-specific Care Coordinators are available by calling 800-245-1150 or visit [www.behavioralhealthsystems.com](http://www.behavioralhealthsystems.com) for digital resources.**



**BEHAVIORAL HEALTH SYSTEMS**