



# Mental Health Matters

## Make It a Priority

The disruptions of the pandemic have left many people feeling anxious, depressed, or hopeless, and unable to function fully. These and other mental health issues can be treated with lifestyle changes, medication, counseling or all three, yet many people feel stuck, alone, and powerless to move forward.

### Are you suffering silently, feeling stressed, anxious, or upset?

**You are not alone.** Thousands of people are experiencing these feelings, too, and are reaching out to get the help they need to restore their emotional well-being, and to feel more connected and energized to go ahead with their lives.

### Do you know someone who is struggling?

Ignoring that person, or telling them to snap out of it, just calm down, that things will be better in the morning, or that therapy is for weak people, can make matters worse for someone who is struggling.

#### Speak up.

Tell others about your story and how you're feeling. It takes courage, but it's the first step to getting the help you need to feel better.

#### Did you know?

In 2021, depression affected 1 in every 3 American adults.

#### Show support.

It's not always easy to find the right words, but the key is to acknowledge the person without judgment.

Talking to your Health Advocate EAP Professional, who can provide confidential support for emotional, family and work issues, can make all the difference for you or a loved to regain better well-being. Referrals to an appropriate professional are provided, if needed. **In a crisis, help is available 24/7.**