

# May is Mental Health Awareness Month!

Our mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Good mental health is important at every stage of life, from childhood and adolescence through adulthood.

Mental Well-Being Researchers are learning more about mental well-being – that is, the sense of happiness and satisfaction in life. Evidence suggests we can all take steps to improve our mental well-being which can have positive effects on physical health as well. Steps include being active, connecting with others, being a lifelong learner, and mindful (aware) of world around you.

If you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including:

- Your biological factors, such as genes or brain chemistry
- Your life experiences, such as abuse or trauma
- Your family history of mental health problems

Mental health problems are common but [help is available](#). People with mental health problems can get better and many [recover](#) completely.

Reach offers confidential counseling, life coaching and resources and services for you and your household members. Reach helps individuals feel stronger and more hopeful. To learn more, about Reach [www.reach-eap.com](http://www.reach-eap.com) Services visit or contact us at 1-800-950-3434.

## Early Warning Signs

Not sure if you or someone you know is living with mental health problems? Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless

- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your kids or getting to work or school

Learn more about [specific mental health problems](#) and [where to find help](#).

## Mental Health and Wellness

Positive mental health allows people to:

- Realize their full potential
- Cope with the stresses of life
- Work productively
- Make meaningful contributions to their communities

Ways to maintain positive mental health include:

- Getting professional help if you need it
- Connecting with others
- Staying positive
- Getting physically active
- Helping others
- Getting enough sleep
- Developing coping skills

Learn More About Mental Health

- [The importance of prevention and well being.](#)

For confidential support contact us at 800-950-3434 or [www.reach-eap.com](http://www.reach-eap.com)