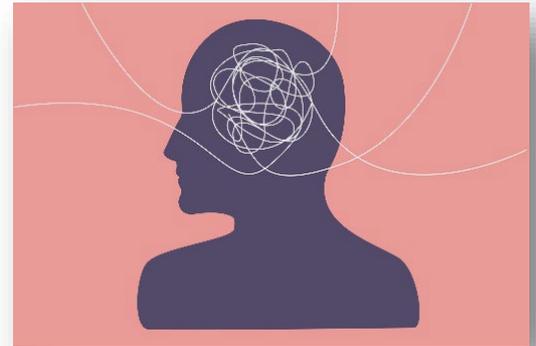


## Mental Health Awareness Month

*Programs listed are open to all, regardless of insurance, unless otherwise noted(\*)*

May is Mental Health Awareness Month. This is a great time to learn more about the importance of mental health in our daily lives. This program is designed in such a way to allow participants an opportunity to learn more about themselves and provide strategies to help themselves and others.

The activities below focus on providing tools and resources to understand situations and perspectives and how the two impact each other.



### Activity #1 – Mental Health Continuum

Review the mental health continuum and identify your current state. At different times in your life, you may find yourself at different points on the continuum.

### Activity #2 – EAP Scavenger Hunt

Employee Assistance Program (EAP), a program offered by many employers, provides services and resources for employees. Services can be used for personal or work-related issues, such as short-term counseling, legal advice, and financial planning. Complete the EAP scavenger hunt to learn more.

### Activity #3 – What Can I Control?

Can you control your attitude about the situation, your response to the situation, or where the source of the information/situation is coming from? Ask yourself, is it fact vs. opinion vs. media vs. something else?

### Activity #4 – Color by Numbers

There are a variety of things that can impact your mental health. Things like moving your body more, taking a mindful walk in nature, or eating a nutritious meal can help maintain or boost your feelings. Try different activities and color in a section of the picture – see if you can complete it all!

### Resource Guide for Services

There are resources available no matter where you fall on the mental health continuum; these can be a helpful place to start if you are looking for assistance. Resources are open to all unless noted\*.

For questions or more information, please email [DHP.Health@deancare.com](mailto:DHP.Health@deancare.com)

# Mental Health Continuum

Review the different phases and begin to identify where you currently are on the continuum. Once reviewed, complete the question below as a baseline, keeping in mind you may move from one state to another over time.

## Check in with your mental well-being

We are all living with varying degrees of anxiety, stress, concern and so many other emotions, mixed with occasions filled with joy, kindness, solidarity, and hope. **As you care for others, please check in with yourself often to be mindfully aware of your well-being.**

	 <b>THRIVING</b>	 <b>SURVIVING</b>	 <b>STRUGGLING</b>	 <b>IN CRISIS</b>
Symptoms	<p style="text-align: center; font-weight: bold; font-size: small;">"I got this!"</p> <ul style="list-style-type: none"> <li>Normal mood fluctuations</li> <li>Normal sleep patterns</li> <li>Physically &amp; socially active</li> <li>Good energy level</li> <li>Limited or no alcohol use/gambling</li> </ul>	<p style="text-align: center; font-weight: bold; font-size: small;">"If I could only ..."</p> <ul style="list-style-type: none"> <li>Irritable, nervous or sad</li> <li>Trouble sleeping</li> <li>Decreased social activity</li> <li>Low energy, muscle tension, headaches</li> <li>Regular but controlled alcohol use/gambling</li> </ul>	<p style="text-align: center; font-weight: bold; font-size: small;">"When is this going the end?"</p> <ul style="list-style-type: none"> <li>Anger, anxiety, pervasive sadness, hopelessness</li> <li>Restless or disturbed sleep</li> <li>Social avoidance</li> <li>Fatigue, aches &amp; pains</li> <li>Alcohol use/gambling hard to control</li> </ul>	<p style="text-align: center; font-weight: bold; font-size: small;">"I can't take it anymore!"</p> <ul style="list-style-type: none"> <li>Excessive anxiety, easily enraged, depressed mood</li> <li>Unable to fall or stay asleep</li> <li>Social isolation</li> <li>Exhaustion, physical illness</li> <li>Alcohol/gambling abuse or addiction</li> </ul>
Actions & Resources	<b>Self-Care &amp; Social Support</b>		<b>Professional Care</b>	
	<ul style="list-style-type: none"> <li>Maintain healthy lifestyle</li> <li>Identify &amp; nurture support systems</li> <li>Minimize stressors &amp; use healthy coping strategies</li> <li>Consider seeking help</li> </ul>		<ul style="list-style-type: none"> <li>Seek social support instead of withdrawing</li> <li>Seek help</li> <li>Seek help now!</li> <li>Follow health care provider recommendations</li> </ul>	

Adapted from the Canadian Armed Forces Mental Health Continuum

Revised 11/30/2020

What phase resonates most with how you're feeling? What percent of the time do you feel this way? (e.g., I feel like I'm struggling 50% of the time.)

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# EAP Scavenger Hunt



1. Does your employer offer an Employee Assistance Program (EAP)?
  - a. If yes, find out how to access it. It may require an access code from your employer.
  - b. If no, ask if they have something comparable and look through the *Resources Page* on the last page of this kit.

2. What ways are you able to access your EAP? Computer, mobile app, phone, text, email?

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3. List 3 things that your EAP offers and consider which one(s) you are most likely to use.

- i. 

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- ii. 

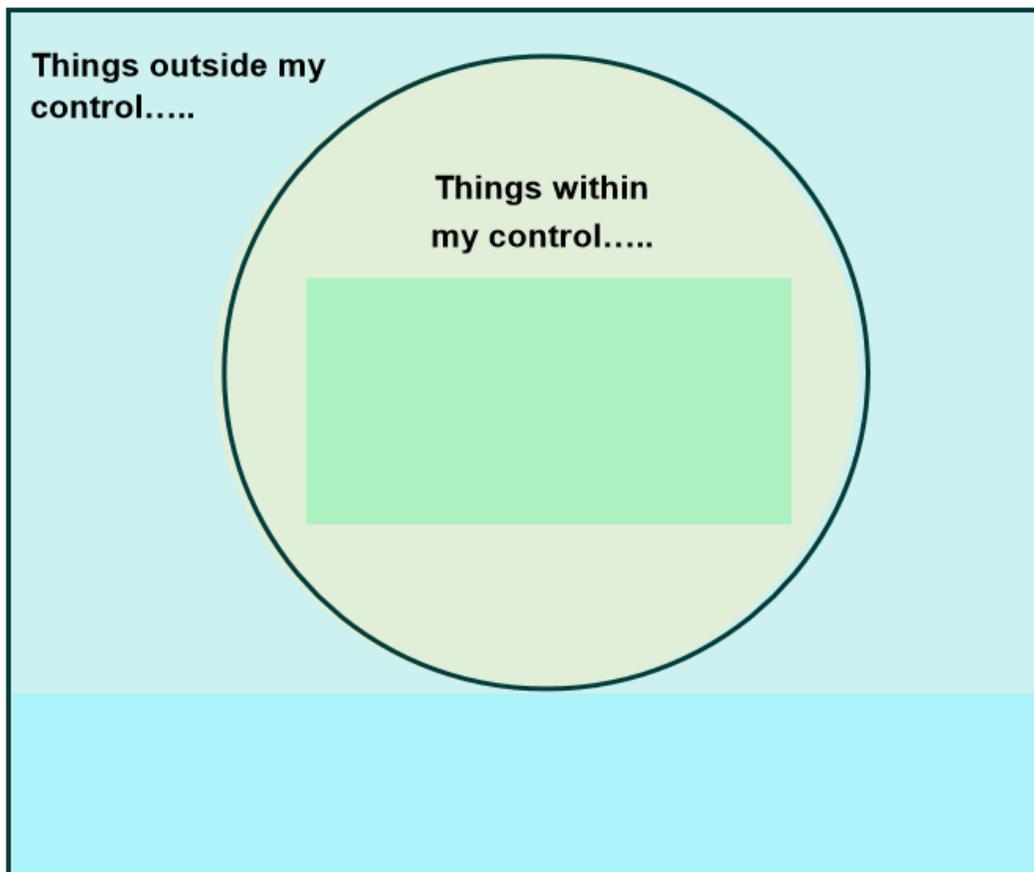
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- iii. 

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# What Can I Control?

Take a few minutes and identify what's inside or outside of your control. Think about things that happen in your life, both personally and professionally. Reflect on what it means not to be able to control something. Then write these thoughts in the diagram below.

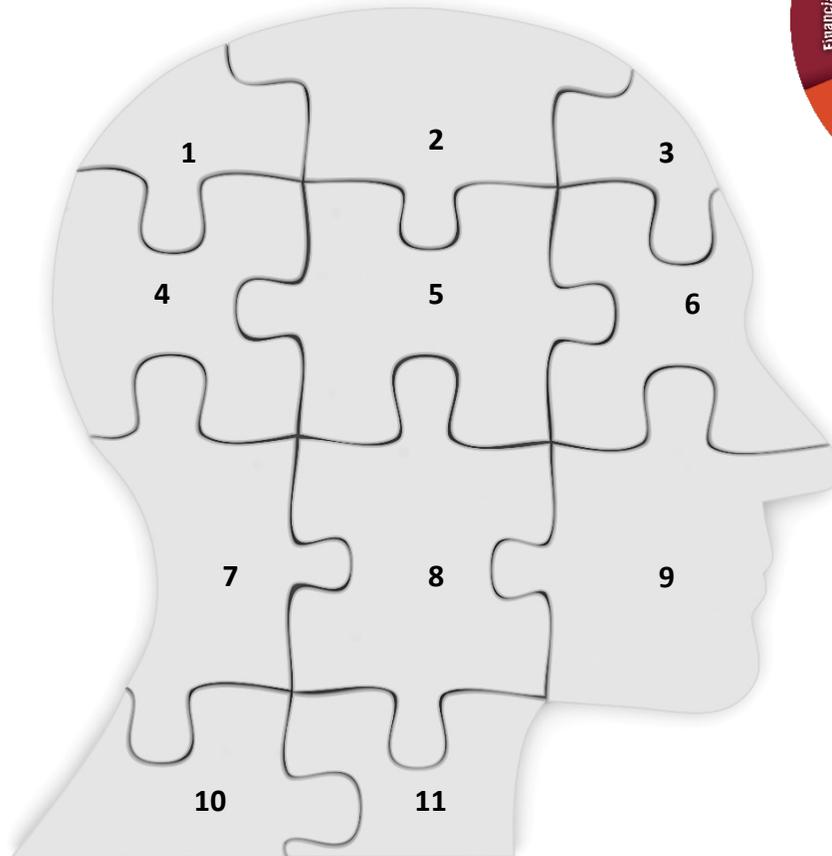


## Examples

- My actions
- The actions of others
- Predicting what will happen
- Who is in authority
- My priorities
- Apply my values to my life
- Other people's motives
- If others are offended
- My kindness
- How others react
- My response to my emotions
- What others say or do
- Where I give my time and energy
- What others think of me
- How I communicate
- My appreciation and gratitude

# Color by Numbers

Below are different activities across the eight dimensions of wellness. After completing an activity, color in a section of the picture. See if you can complete it all!



1. Take a 15-minute walk outside.
2. Plan out healthy snacks for the week.
3. Drink at least eight glasses of water in a day.
4. Say no or ask for help with something you don't want to do.
5. Call someone you haven't talked with in a while.
6. Do something for yourself like taking a bath, a nap, or doing a craft.
7. Write down three good things that happened this week.
8. Spend 15 minutes of intentional time with someone important to you— think quality time versus quantity.
9. Listen to a mindfulness app like Calm or Headspace.
10. Watch one of the webinars from the [Video Library on YouTube](#).
11. Practice positive self-talk when something goes unexpectedly (e.g., That's okay, I'll figure it out).

# Resources Page

*Resources are open to all, regardless of insurance, unless noted\*.*



## Ways to Connect with Behavioral Health Care

- Make an appointment with your primary care provider—they are trained to be able to help most people with mood problems like anxiety or depression.
- Reach out to your provider and ask for a referral to a behavioral health specialist on MyChart (or your organization’s clinic portal) or by calling the clinic.
- Go to [deancare.com/find-a-doctor](https://deancare.com/find-a-doctor)\* and enter ‘behavioral health services’ for the specialty.
- Call the Customer Care Center listed on your member card\* and ask about in-network behavioral health specialists (or contact your insurance company if you’re not a Dean Health Plan member).

## Behavioral Health and Substance Use Case Management

For members with mental health and substance use disorders, [Dean Health Plan’s behavioral health and substance use case management](#)\* provides an individualized approach. The goal is to help you manage your health and live your best life.

## Mental Health Services through SSM Health

It’s not easy coping with a mental health issue. As with any other medical condition, treating emotional and behavioral conditions such as anxiety, depression, or addiction is what our professionals are here to do. [Our team](#)\* of counselors, psychiatrists, nurses, and specialized therapists work to provide support, expertise, and individualized care to patients of all ages and their families.

## Community Resource Links

[Nami.org](https://www.nami.org)

[National Suicide Prevention Lifeline: 800-273-8255](https://www.suicideline.org)

[Alcoholics Anonymous](https://www.alcoholicsanonymous.org)

[Mental Health America](https://www.mentalhealthamerica.net)

[Supporting Parents Under Stress](https://www.supportingparents.org)

[Wisconsin Office of Children’s Mental Health](https://www.wisconsin.gov/childrens-mental-health)

\* Insured members only.

# Reflecting on the Information

Millions of people are affected by mental illness each year across the country. One in five U.S. adults experiences mental illness. Understanding that people are not in their situation alone helps to reduce the stigma.

Now that you have taken time to think about your own mental health, write down strategies that will help you when you are in each phase of the continuum. It is very common to flow across the phases of the continuum, so having a plan for each phase will help you achieve your best self (e.g., if you are surviving, it might be helpful to reach out to a friend to talk or get support).

## Check in with your mental well-being

We are all living with varying degrees of anxiety, stress, concern and so many other emotions, mixed with occasions filled with joy, kindness, solidarity, and hope. **As you care for others, please check in with yourself often to be mindfully aware of your well-being.**

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Revised 11/30/2020

Adapted from the Canadian Armed Forces Mental Health Continuum

<b>Thriving</b>	
<b>Surviving</b>	
<b>Struggling</b>	
<b>Crisis</b>	

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