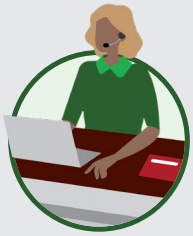


# Mental Health Resources



## Employee Assistance Program (EAP)

Health Advocate provides 24/7 confidential financial advice and mental health assistance for you and your family at no cost to you. Learn more by calling or visiting the URL below.

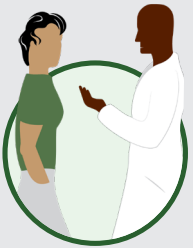
📞 (877) 240-6863 || 🔗 [healthadvocate.com](https://healthadvocate.com)



## FL Blue - New Directions

New Directions is a benefit for FL Blue members that provides care and tools to overcome mental health obstacles and challenges. Call or follow the link below for a list of providers.

📞 (866) 287-9569 || 🔗 [bit.ly/3LYjekT](https://bit.ly/3LYjekT)



## Local Mental Health Resources

Community Mental Health Centers offer treatment, counseling or a referral, often at a reduced rate. Visit the link below for a list of resources in your area.

🔗 [bit.ly/3ukL84L](https://bit.ly/3ukL84L)



## DCPS Wellness Perks

An incentive program to reward you for healthy behaviors, like completing a Health Risk Assessment, participating in wellness challenges/events and more! To learn more, check our monthly newsletter or visit the URL below.

🔗 [bit.ly/39mkOiG](https://bit.ly/39mkOiG)



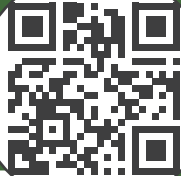
# MENTAL HEALTH



# MAY IS MENTAL HEALTH AWARENESS MONTH

This initiative is designed to increase awareness of mental health and seeks to reduce the stigma associated with mental health issues. It also highlights the impact that mental health can have on the emotional, physical, and mental well-being of families and communities.

Use the QR code to learn more about FL Blue Mental health benefits!



## Take Care of Yourself with Self-Care!

Self-care means giving ourselves the same grace, compassion, and care that we give to others. We are better able to support our colleagues and students when we prioritize our own physical, social, and emotional health. The chart to the right contains some suggestions for self-care like maintaining a healthy diet, engaging in physical activity, keeping a regular sleep schedule, starting a gratitude journal, and more!



## TIPS FOR SELF-CARE

Below are activities and tips that can help you take care of yourself, as well as boost your mental health.

### 1 Eat Healthy & Drink Water



A balanced diet can help promote a balanced mood.

### 2 Physical Activity



Exercise boosts chemicals that boost your mood and improves sleep.

### 3 Healthy Relationships



Connecting with positive people can improve your life.

### 4 Make Time for Fun



Think about any activity that lifts your mood and go for it!

### 5 Get Enough Sleep



Sleep helps you feel better and improves your mood.

### 6 Gratitude Journal



Write down 10 things that you are grateful for in your life.

### 7 Pamper Yourself



Schedule a massage or spa day to refresh your mind and body.

### 8 Make a Positivity Jar



Fill a jar with quotes or affirmations that make you feel good.

### 9 Meditation Apps



Calm, Headspace, & Insight Timer are great tools for meditation.