

MemberAccess



## Nurturing Your Mental Health

Taking care of your mental health is as important as maintaining your physical health. Here are some key ways to nurture your mental health so you have the resilience to cope with life's ups and downs, adapt to change and maintain healthy relationships:

- Maintain social connections with your friends, family and loved ones
- When you're dealing with a stressful situation or feel your body growing tense, make time to take deep breaths and reset
- Accept yourself for who you are, and take pride in your unique strengths and quirks
- Practice positive habits of thought, such as gratitude, to build your emotional resilience
- When you're sad, worried or upset, talk about what you're going through with someone you trust
- Find purpose and meaning in life through caring relationships with others, spirituality or religious practice, helping people in need or doing work that in some way makes the world a better place

## BHS can help with

- Stress Management
- Personal Relationships
- Marital/Family Issues
- Parent-Child Conflict
- Grief & Loss
- Coping After a Tragedy
- Depression & Anxiety
- Work-Related Problems
- Alcohol & Drug Abuse
- ADD/ADHD
- Life Transition
- Eating Disorders

## YOUR EAP BENEFIT

Free and confidential counseling sessions are available to employees, dependents and family members. Get started by calling **800-245-1150** to be connected to your designated BHS Care Coordinator. You will be referred to the appropriate resources, which may include appointments with a mental health professional, community resources, support groups, a local attorney, and/or a financial consultant.

Taking charge of your mental health does not have to start by making drastic lifestyle changes. In fact, taking many smaller actions will lead to positive health and well-being.

## Meaningful Actions to Try:

- Listen to a podcast about mental health, leadership or other self-improvement topics
- Begin a new hobby that interests you or re-engage in an old hobby
- Offer to pet-sit or babysit for a friend or family member who needs a break
- Organize a “clean the neighborhood” day
- Start that book you’ve been wanting to read or try an audiobook
- Reconnect with a friend by calling, texting or even mailing a “thinking of you” card
- Try journaling, even if it’s only one to two minutes a day
- Take a nap— sleep is crucial to your mental health!

## Know Your Resources:

You can contact the following national resources at any time for additional support:

- National Suicide Prevention Lifeline: call 1-800-273-8255 or text 988
- National Alliance on Mental Illness (NAMI) Hotline: call 1-800-950-6264
- National Alliance on Mental Illness (NAMI): text HOME to 741741
- Substance Abuse & Mental Health Services Administration: call 1-800-662-4357
- National Domestic Violence Hotline: call 1-800-799-7233 or 1-800-787-3224

## Access Your Benefits:

Contact BHS today to access your free and confidential counseling sessions. Call your designated BHS Care Coordinator at **800-245-1150** or visit the BHS MemberAccess portal at **[www.behavioralhealthsystems.com](http://www.behavioralhealthsystems.com)** to view benefits, request an appointment, and access newsletters, fact sheets, national resources, self-assessments and more.



### Telehealth

Available via phone  
or web-based



### In-Person

With a doctor,  
counselor or advisor



### Digital

Access to  
virtual solutions