MAY IS MENTAL HEALTH
Awareness Month

What is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act.

Importance of Mental Health

There is a strong and historical stigma related to healthcare workers seeking care for mental health concerns.* Maintaining good mental health is essential for overall well-being, enabling us to handle stress, relate to others, and make healthy choices.

*www.cdc.gov/niosh/healthcare/risk-factors/stress-burnout.html

ACCESS TO TRAINED COUNSELORS AND MORE...

Access hundreds of personal health topics and resources for childcare, elder care, attorneys, or financial planners by choosing The Hartford's Ability Assist at guidanceresources.com.
If you are a first-time user, click on the Register tab.

- In the Organization Web ID field, enter: **HLF902**
- In the Company Name field at the bottom of personalization page, enter: **ABILI**
- After selecting "Ability Assist program", create your own confidential user name and password.
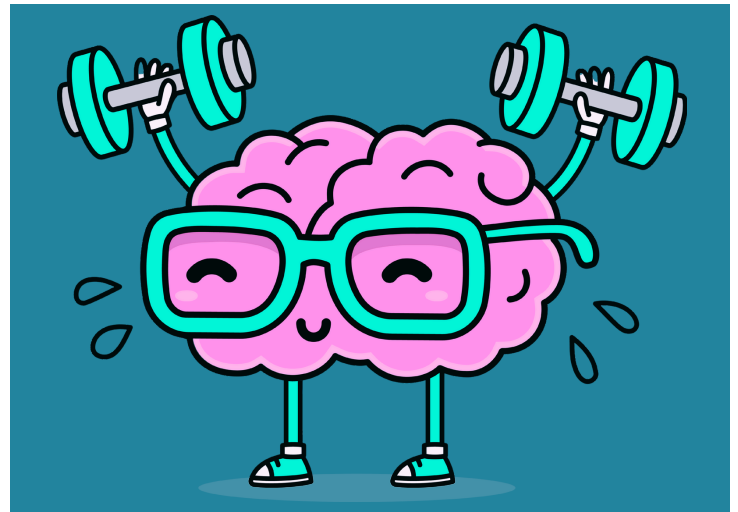
SUPPORTING MENTAL HEALTH

Self-Care
Get regular exercise, maintain a balanced diet, strive for adequate rest and sleep.

Seek Professional Help
Engage with therapists, counselors, and support groups using your **MIT Total Trust Perks** through The Hartford **Ability Assist Counseling Services** offered by ComPsych. Access by phone (800-96-HELPS) or register an account at guidanceresources.com

Be There
Offer support and listen without judgment.

SCMA | **MEMBERS' INSURANCE TRUST**