



Mental Well-Being Resources

Mental well-being has risen to the forefront of the zeitgeist over the past few years, and the stigma attached to mental health is decreasing. More individuals are requesting help with struggles such as depression, anxiety, substance use disorder, bipolar disorder, post-traumatic stress disorder, eating disorders, and self-harm.

It's important to understand the signs of mental health issues to help someone seek appropriate care early — before symptoms can become more severe and even life-threatening.

Did you know:

- 1 in 5 Americans will have a mental health condition this year.
- In 2021, depression was ranked 9th out of the top 10 diseases of all USI health plan members.
- On average, there are 123 suicides a day.
- 630,000 people died from drug overdoses between 1999-2016.
- 64.1% of youths with major depression do not receive any mental health treatment.
- Individuals with a chronic condition (e.g., high blood pressure, diabetes, cancer) may also have depression. When depression is present with other conditions, healthcare costs are compounded.

“First aid for mental health” programming has recently surfaced as a corporate trend. More employers are opting to train staff on how to identify, understand and help someone who may be experiencing a mental health crisis.

Employee Assistance Programs (EAPs)

EAPs are employer-sponsored benefit programs that provide access to free and confidential professional mental health support/coaching. Resources include:

Therapy • Counseling • Work-life services • Manager training • Critical incidence support
Medication management • Substance use counseling

EAPs can also offer digital solutions promoting mindfulness and resiliency, health coaching, education, and remote engagement to prevent and manage behavioral health events.

If you or a loved one is feeling distressed, please call or text 988 to reach the National Suicide Prevention Lifeline, available 24 hours a day, 7 days a week.

To get certified in Mental Health First Aid and learn how to help others in crisis, visit [mentalhealthfirstaid.org](https://www.mentalhealthfirstaid.org).