May Email to Employees: Mental Health Awareness

Subject line: May is Mental Health Awareness Month

Dear XXXXX employees,

May is Mental Health Awareness Month. While mental health is important all year, in May we focus special attention on this topic to raise awareness and inform you about your mental health resources and benefits. Unfortunately stigma and misunderstanding still exists around mental health, so we hope to dispel the myths around mental health conditions and encourage employees to seek help when they need it.

For example, you may be surprised at the following U.S. statistics from the National Alliance for Mental Illness (NAMI):

1. 1 in 5 adults will experience mental illness.
2. 1 in 20 adults will experience serious mental illness
3. 17% of children between the ages of 6-17 experience a mental health disorder.

**After more than a year of social distancing and anxiety around COVID-19, not surprisingly, more people are experiencing mental health conditions**. Even if you are not personally struggling with mental health conditions, someone you know most certainly is. Learning about mental health for you, your colleagues, friends and family can help.

This month, there are some great opportunities to learn about your mental health benefits, how to ***Fight Back against the Loneliness Epidemic***, how to ***Build your Mental Health Toolkit***, and how ***Mindset is the Key to Unlocking Human Performance***. You can register for these and more events through the [ERS Wellness Events Calendar](https://ers.texas.gov/Event-Calendars/Wellness-Events). Also through the month of May, HealthSelect and Consumer Directed HealthSelect participants have $0 copay for telemedicine visits with an in-network mental health provider and for mental health virtual visits through MD Live or Dr. on Demand. Referrals are not required for mental health visits. There will be several webinars this month to help you understand these and all your mental health benefits through the ERS health plans.

If applicable: Also, remember that your EAP has great resources to help you improve and maintain your mental well-being. Learn about those through this link [INSERT LINK}

Please let me know if you have any questions or concerns!

Sincerely,

Your wellness coordinator