

By Lacy Wolff, ERS Health Promotion Administrator



How much do you know about mental health? Stigma and misunderstanding can impact our ability to take action and help others that are dealing with mental illness. Take the [Mental Health Quiz](#) through the CDC's website and see how much you know about mental health myths!



Get to know your [mental health benefits!](#) Through the HealthSelectSM medical plan benefits, you have access to emotional support and mental health services. Your plan covers inpatient and outpatient treatment, including Virtual Visits, from the comfort of your home or office.



New Webinar: Finding Strength in Connection with Todd Whitthorne On May 25 from 10-11 a.m. CT we will dive into the longest ongoing happiness research study in the world to learn what makes a truly happy life. Through Todd's unique way of blending storytelling and education, prepare to take away insights and strategies while being thoroughly entertained. [Learn more and register!](#)



How much do you know about hormones and women's health? Hormones impact just about every part of the human body. Take [WebMD's Secret Life of Hormones Quiz](#) and see how much you know about hormones and women's health



Get to know your [preventive health benefits!](#) Through the HealthSelectSM medical plan benefits, you have access to preventive health services including screening mammograms, colonoscopies annual preventive exams and more at no cost to you. Detecting conditions early saves lives! Learn more and share the love!



Ask an Expert: Women's Health Q&A with Dr. Brown-Pruett, M.D. On May 23rd from 12-1 p.m. CT, Dr. Brown will answer questions on topics related to pregnancy, hormones, incontinence, sexual health, perimenopause, menopause, heart health, cancer screening and more. Submit your questions in advance to lacy.wolff@ers.texas.gov or bring them to the webinar! [Register](#) to save your seat!



Unlock knowledge to improve your health! Check out a podcast or webinar through John Hopkins' [Women's Wellness and Healthy Aging Program](#). Learn from physicians and experts about a range of topics related to women's health including hormones and women's mental health across the lifespan.