



SUPPORT PROFESSIONALS,
POLICE, AND POLICE
ADMINISTRATORS

YOUR MENTAL HEALTH IS IMPORTANT TO US

While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health.

EIGHT FACTS ABOUT MENTAL HEALTH

- 1. Mental illness is treatable.** Everyone faces challenges in life that can impact their mental health, however you have tools and resources that can help to support you when life happens.
- 2. The COVID-19 pandemic has had profound impacts on the mental health of people of all ages.** Now more than ever it is critical to reduce the stigma around mental health struggles that commonly prevents individuals from seeking help.
- 3. There are practical tools that everyone can use to improve their mental health.** Your employee assistance program is just one tool you can use to reach out for support, improve your mental health, and increase your resiliency.
- 4. Processing trauma and stress from life's big changes can take time.** It's important to accept the situations in life that we cannot change and focus on what we can control. Manage anger and frustration, recognize trauma may be affecting your mental health, challenge negative thinking patterns, and make time to take care of yourself so that you can thrive.
- 5. Connecting with friends and family can help.** Turn to friends, family, and co-workers when you are struggling with life's challenges to help improve your mental health and connect with those you love.
- 6. Monitoring your health with a mental health screening can help keep health on track.** Visit mhascreening.org for a quick, free, and private way to assess your mental health, recognize signs of mental health problems, and get the support you need.
- 7. Small changes can make a big impact.** Living a healthy lifestyle and incorporating mental health tools to thrive may not be easy but can be achieved by gradually making small changes and building on those successes over time.
- 8. Seeking professional help is a sign of strength.** If self-help efforts to improve your mental health aren't working, take the next step to support your mental health a sign of strength, not weakness.

YOUR EMPLOYEE ASSISTANCE PROGRAM IS HERE TO HELP

The Life Connection program is designed to be your single point of contact for all life management needs and is available free of charge to all eligible CCSD employees and members of their households **AT NO COST**.

Help is available for:

- Emotional problems, including marital and family relationship issues
- Managing stress and change
- Problems with addiction
- Parenting advice
- Legal, financial, and elder/child care consultations

The free EAP can support you. Call the EAP 24/7 at 800-280-3782 or visit bhoptions.com (Company Code: CCSD).