

Mental Illness Awareness Week

Did you know that October 4-10 is Mental Illness Awareness Week?

Assessing mental health is not as simple as taking a blood test. Awareness, understanding and knowledge of mental health issues may help move towards achieving health and cultivating a sense of emotional wellbeing. Preserving a healthy balance is important to the maintenance of ongoing mental health, with or without a diagnosis.

Most mental illnesses can be treated and have a high rate of recovery among those who access the appropriate care. The road to feeling well and living a fulfilling life may start with acknowledging that sometimes help is needed. It's important to identify that moment and take action.

If you (or someone you know) are not feeling like yourself, or if you feel you are losing the ability to enjoy and cope with life, check out the information below. There may be areas where you can put things in better balance or it may help you identify if talking to your doctor or a mental health professional would be worthwhile.

- [Understating Mental Health](#)
- [Check up from the neck Up- Simple, online, private, metal health check-up](#)
- [Workplace Options – Computerized Cognitive Behavioral Therapy](#)
- [Bridge the gApp- BreathingRoom](#)
- [Workplace Options Canada English Aware Flyer](#)
- [Workplace Options Canada French Aware flyer](#)

Upcoming Webinar 30-min, From Stressed-Out to Resilient: *Strategies for challenging times*

English: October 6, 12 PM ET

French: October 7, 12 PM ET

To attend, register today: <https://www.mindbeacon.com/your-healthy-mind/stressed-out-to-resilient-webinar>

The session will be recorded and will be made available for those unable to attend.

Please remember that you are not alone during this time. Reach out to family, friends, co-workers, your supervisor or any leaders within the organization as we are here to help. You can also speak to our EFAP provider. This service is available not just to our employees but also to their partner or family members.

Access your EFAP 24/7 by phone, web or mobile app:

Canada:

- Call 1-877-847-4525
- Email support@resourcesforyourlife.com
- Visit <http://ca.resourcesforyourlife.com>
 - COMPANY CODE: BMWeCare
- Download the 'ICONNECT YOU' app from the App Store or Google Play
 - PASSCODE: 149301

United States:

- Call 1-800-466-8282
- Access Code 8282
- Visit www.AlternativesEAP.com
- Download the 'Alternative EAP' app from the App Store or Google Play