

2021 MARCH Mental Health Month



CRETEX RESOURCES



Employee Assistance Program (EAP)

This resource is available to all Cretex employees & their households (including those not on a Cretex medical plan). Counselors are available 24/7 to help guide you through all of life's challenges. Did we mention you have access to **unlimited** EAP phone counseling sessions? It's true! Up to 3 face-to-face visits are also available & then you will be connected with HealthPartners behavioral health providers if you'd like to continue in-person sessions.

- **Phone:** 866-326-7194 (available 24/7, toll-free)
- **Online:** hpeap.com (password: cretex)
- **Text:** 919-324-5523 (Text "US EAP" & then your message)
- **Mobile App:** Download "iConnectYou" Password: 217692



Mindfulness Exercise: STOP

This session takes less than 10 minutes to complete. Enjoy!
To access, please go to: go.cretex.com/EAP-calm



Marathon Health ePortal Workshops

All employees & covered spouses have access to free Marathon Health ePortal workshops. Check out these workshops when it works for **YOU**:

- **Anxiety**
- **Depression**
- **Headaches**
- **Stress Management**
- **Tension Headaches**

Log in to: my.marathon-health.com
Click Wellness, then Programs & Tools
and then the workshop.

Reminder: employees & covered spouses can earn points for completing these workshops and other Marathon Health workshops as part of the **2021 Be Well Incentive Program**.

Marathon Health Education Session

Understanding the Connection Between Emotional and Physical Health

Ever wondered about the connection between our emotional and physical health? Join us as we review the link between the two, how you can improve our emotional & physical wellbeing through movement & strategies for problem solving & managing stress. Log in to my.marathon-health.com to access the recording!

*** Don't forget to log in to my.marathon-health.com & mark your first Marathon Health education session as complete to earn 5 points!***

Please scan this QR Code using a smartphone or tablet to easily view this education session.

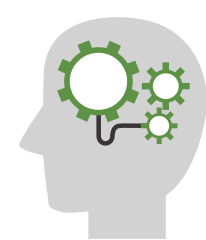
You may need a scanning app. If you have an iPhone, then open the camera app and hover it over this QR code.

EXTERNAL RESOURCES



3/20: International Day of Happiness

Annually observed on March 20th to remind us that being happy is a human right and worth celebrating. Take a minute on March 20th to consider what truly makes you happy & how you can pursue it.



What is Mental Health?

Per the CDC: *mental health* includes our emotional, psychological, & social well-being. It affects how we think, feel & act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life (childhood and adolescence through adulthood). Poor mental health & mental illness are not the same things. Someone can experience poor mental health and not be diagnosed with a mental illness. Likewise, a person diagnosed with a mental illness can experience periods of physical, mental & social well-being.



Emergency Contact Information

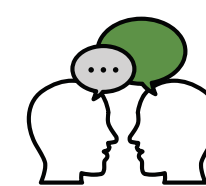
• Crisis Text Line

Text **HOME** to **741741** to speak to a compassionate, trained crisis counselor (a volunteer who has been trained to help with problem solving and will address the caller's situation).

• National Suicide Prevention Lifeline

Provides 24/7, free & confidential support for people in distress, prevention & crisis resources for you or your loved ones, and best practices for professionals.

- **1-800-273-TALK (8255)**
- **1-888-628-9454 (Spanish)**
- **1-800-799-4889 (TTY)**



NAMI Connection

NAMI Connection Recovery Support Group is a free, peer-led support group for any adult who has experienced symptoms of a mental health condition. Find a support group near you:

www.nami.org/Support-Education/Support-Groups/NAMI-Connection

