

2022 MAY Mental Health Awareness Month



What is Mental Well-being?

Mental well-being means the ability to realize your potential and the ability to cope with every day stressors.



ComPsych Lincoln Financial Employee Connect

EAP tools and resources are available online at www.guidanceresources.com

- Username: lfgsupport and Password: lfgsupport1

Download the *GuidanceNow* mobile app or call **888-628-4824**

Five phone or in-person sessions are available per situation



Warmlines

A warmline is a phone number you call to have a conversation with someone who can provide support during hard times. Warmlines are staffed by trained peers who have been through their own mental health struggles and know what it's like to need help. To access these phone numbers, head to: <https://screening.mhanational.org/content/need-talk-someone-warmlines/>



National Suicide Prevention Lifeline

The current Suicide Prevention Lifeline phone number is **1-800-273-8255**

Starting July 16, 2022, **988** will be the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. To learn more, head to

<https://suicidepreventionlifeline.org/current-events/the-lifeline-and-988/>

FEATURED ACTIVITY

For this month's activity, please head to the following links or QR codes below to view videos on Kindness and Connecting Mind & Body from ComPsych Lincoln Financial Employee Connect. Then, fill out the Microsoft Form (located to the right of this text box). Once completed, you will be eligible for this month's incentive!



<https://guidanceresourcetraining.ispringlearn.com/view/11822-Gfv8Q-kqtK0-ZwMQ3/popup>
<https://guidanceresourcetraining.ispringlearn.com/view/11822-jk7Pv-Kj1rx-J8VnW>



<https://forms.office.com/r/ELPQBSgvnn>