Acentra HEALTH

Employee Assistance Program *Tip Sheet*

Making Mental Health Part of Everyday Health



World Mental Health Day is October 10. It serves as a reminder that mental well-being is an important part of overall health and deserves attention year-round, not just when life feels overwhelming. Small, consistent actions can help support emotional well-being and make it easier to recognize when additional support is needed.

Try a few of these mental health habits to support your well-being.

- **Check-in with yourself**
  Pause during the day and ask, *"How am I feeling?" or "What do I need right now?"* Naming what you're experiencing can help you respond rather than simply push through.
- **Stay connected**
  Make time for people who leave you feeling supported. A quick call, shared meal, or conversation can strengthen your support network.
- **Make room for recovery**
  Protect time for sleep, movement, enjoyable activities, and moments away from constant demands. Mental health benefits from regular opportunities to recharge.
- **Notice when stress is becoming too much**
  Persistent feelings of being overwhelmed, changes in sleep or mood, or difficulty functioning are good reasons to reach out for help.
- **Ask for support early**
  You don't have to wait for a crisis. Talking with someone you trust or a mental health professional can help you identify next steps.

Your Employee Assistance Program (EAP) is another resource for support with stress, relationships, work-life concerns, and other challenges. Reaching out is an act of caring for yourself. EAP services are free, confidential, and available 24/7.

References: World Health Organization, World Mental Health Day: https://www.who.int/campaigns/world-mental-health-day, American Psychological Association: 6 Mental Health Tips Psychologists Use. https://www.apa.org/topics/mental-health/tips-psychologists-use

Call 24/7: 1.800.999.1077 **Website: EAPHelplink.com** **Code: EAPNOW**

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