

# Mental Health Awareness Month



➤ Being aware of your overall health is very important.

Raising Mental Health Awareness can help us prevent mental health problems from developing and can protect our mental health well-being. This can also assist in identifying symptoms such as:

- Feeling sad or down
- Mood changes of highs and lows
- Withdrawn from friends or family
- Excessive fears or worries
- Inability to cope with daily problems or stress
- Confused thinking or reduced ability to concentrate

Nearly one in five adults in the US suffer from a mental health condition. We would like to encourage those who are suffering to seek help.

Your Employee Assistance Program offers confidential counselling, referrals and follow-up services for employees and members of their household.

We are available to you 7 days a week ~ 24 hours a day.



TOLL-FREE: 800-346-0110  
WEBSITE: [www.inova.org/eap](http://www.inova.org/eap)