

EMPLOYEE ASSISTANCE PROGRAM

October 10, 2022 is

WORLD MENTAL HEALTH DAY

World Mental Health Day provides an opportunity to make mental health a priority.

Before the COVID-19 pandemic, one in eight people lived with a mental health disorder. The first year of the pandemic created a global crisis for mental health, with an estimated 25% increase in anxiety and depressive disorders. Mental health is important to your overall well-being and it should be valued, promoted, and protected.

Five things you can do daily to prioritize your mental health:

- 1. Connect**—Talk and listen. Be there. Feel connected.
- 2. Be active**—Do what you can. Enjoy what you do. Move your body and improve your mood.
- 3. Take notice**—Find the simple things that bring you happiness.
- 4. Keep learning**—Encourage new experiences. Seek opportunities. Surprise yourself.
- 5. Give**—Give your time. Mean your words.

Help is available. Contact EAP at 866-327-4762 or go online to eap.calhr.ca.gov for helpful resources.



Source: www.who.int/campaigns/world-mental-health-day/2022