



Stay focused on what matters

“When I went to school, they asked me what I wanted to be when I grew up. I wrote down ‘happy’. They told me I didn’t understand the assignment, and I told them they didn’t understand life.”

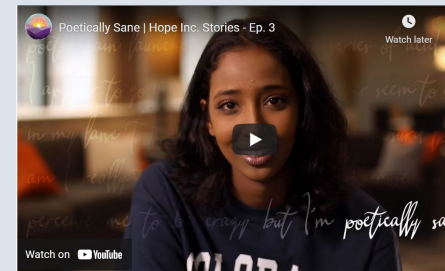
— John Lennon

The UNC System wants our students, faculty, and staff to live personally satisfying lives. We understand that happiness may feel out of reach right now. This past year has been exceptionally hard. As the COVID-19 vaccine efforts pick up pace, many are starting to regain some sense of peace of mind but a lot of us are still struggling. Remember, it’s okay to not be ok. You’re not alone. **If it matters to you, it matters.**

May is Mental Health Awareness Month

Over the past few months, we’ve been sending you emails about mental health and resources available to you through the UNC System to help build awareness of this important issue. Because mental health isn’t something to just focus on one month out of the year; we should all focus on it daily.

We hope that you’ve taken some time to reflect on your mental health and the health of those around you, and that you’ve already started taking advantage of some of the resources available to you. If you haven’t, now’s a great time to do so. Do it in honor of Mental Health Awareness Month. Do it for your loved ones. Do it for you.



Words matter. Click [here](#) to listen as Halima Shegof of Sweden’s Revolution Poetry discusses the power of words in relation to mental health. More videos like this can be found via [Beacon Health](#).

STOP THE STIGMA



1 in 5 adults experience mental illness each year



Less than 1/2 of those that experience mental illness get treatment¹



A suicide occurs in the U.S. every 12 minutes²

¹ National Alliance on Mental Illness

² Centers for Disease Control and Prevention (CDC)

Help is just a call or a click away

Don't forget that the UNC System offers you resources to support your mental health.

- Let the [Employee Assistance Plan](#) offered through **CompPsych** help you navigate the ups and downs in life. You can talk confidentially with a trained counselor, anytime 24/7 via phone. Initial consultations are free, and most UNC institutions provide additional free consultations. Plus, you can access online resources.
- Explore the [COVID-19 Resilience Website](#). System Office Human Resources curated the web-based resources found on this site to help faculty and staff navigate stresses and strain points of current events.

Enrolled in medical coverage under the State Health Plan?

Don't forget your [medical coverage](#) through **BlueCross BlueShield of North Carolina (BCBSNC)** offers a broad array of mental and behavioral health benefits and services, including office/telehealth visits for a Primary Care Provider (PCP) copay.

And, be sure to take advantage of the [Beacon Health](#) (through BCBSNC) online resources, which include webinars, trainings, videos, and more on a wide range of topics that deal with well-being.

COULD YOU BE DEPRESSED?

Complete a [nine-question assessment](#) from Beacon Health to find out. If your results indicate that you are in fact depressed, don't be afraid to ask for help.

