



Let's Talk Mental Health

May is Mental Health Awareness Month. It's a time to raise awareness and break down stigmas to foster understanding and support. In this email, we'll dispel a few of the most common myths about mental health and remind you about resources available to you, including a live workshop event on May 16.

DISPELLING THE MYTHS

MYTH: Only weak people have mental health issues.

FACT: Anyone can develop a mental health issue and developing one is fairly common; 1 in 5 adults experience mental illness each year.¹

MYTH: There is no cure for mental illness.

FACT: There are a variety of treatments and many people get better when they seek help. The problem is a lot of people don't ask for help; less than 1/2 of the adults who experience mental illness get treatment.¹

MYTH: Counseling is only for people with serious mental illness.

FACT: Counseling can benefit most people. About 3/4 of those who attend psychotherapy benefit from it.²

¹ National Alliance on Mental Illness

² American Psychological Association

3 Resources to Know About



Struggling with personal and work life problems?

The Employee Assistance Program (EAP) offers confidential counseling, online resources, and referrals for things like child/elder care and home repair. Each UNC constituent institution has an assigned EAP phone number. Go [here](#) and scroll down to the contact chart to get the right number for you. Your initial consultation will be free and most UNC institutions provide additional free consultations.

You also can access online resources via [Guidance Resources](#). Just as you have an assigned phone number, you also have an assigned Web ID (go [here](#) and scroll down to find yours).



Need more emotional and mental health support?

The Headspace app is here to help! See below to learn about the three components of care provided.

Haven't Used Headspace Yet?

1. Search for **Headspace Care** in Google Play or the App Store and download the app.
2. In the app, tap on "create account" and "my organization."



3. You'll be prompted to enter some basic information about yourself.

Follow the in-app instructions to navigate to the care you need.



Having thoughts of suicide, experiencing a substance use crisis, or any kind of emotional distress?

Call or text the National Suicide and Crisis Lifeline (988) to get immediate help.

Understanding What Headspace Care Offers

Headspace Care provides convenient and confidential access to three components of care to meet you where you are:



Behavioral Health Coaching:

Text with a trained behavioral health coach within seconds anytime, 24/7/365—at no cost to you.



Therapy & Psychiatry:

Make an appointment to meet with a licensed therapist or psychiatrist via video; sessions available evenings and weekends to fit your schedule.

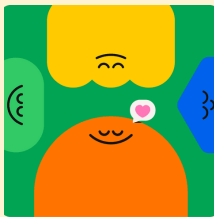


Self-Care Library

Explore more than 200 free, clinically validated resources at any time to help you practice well-being techniques and develop life skills.

Keep in mind: In addition to yourself, your dependents age 18 and older can use Headspace Care! And, it's not just for those who are struggling; Headspace Care also offers resources like the live workshop highlighted below that anyone can benefit from.

THE JOURNEY TO HEALING: A MENTAL HEALTH ROUNDTABLE



Join Headspace on **Thursday, May 16** for candid insights and mental health strategies from a mental health coach, therapists, and a meditation teacher.

Choose the time that works best for you:

- **Session 1:** 9 a.m. PT / 12 p.m. ET
- **Session 2:** 5 p.m. PT / 8 p.m. ET

[REGISTER NOW](#)

Can't make this workshop? Check out [upcoming Headspace Care events](#).

You are receiving this communication as your institution is participating in the Headspace Care program. Not all UNC constituent institutions elected to participate in Headspace Care at this time. Please contact your Human Resources Department for additional information.

If it matters to you, it matters.

Resources to help you support your well-being and build resilience.