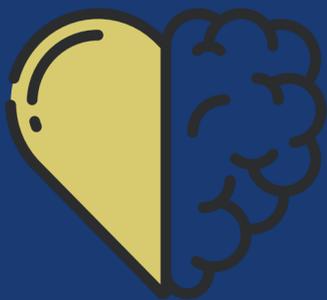


May is Mental Health Awareness Month

Tools 2 Thrive

This year's mental health awareness month theme is Tools 2 Thrive! Bring mental health awareness to yourself and others by visiting mhanational.org and downloading their toolkit!

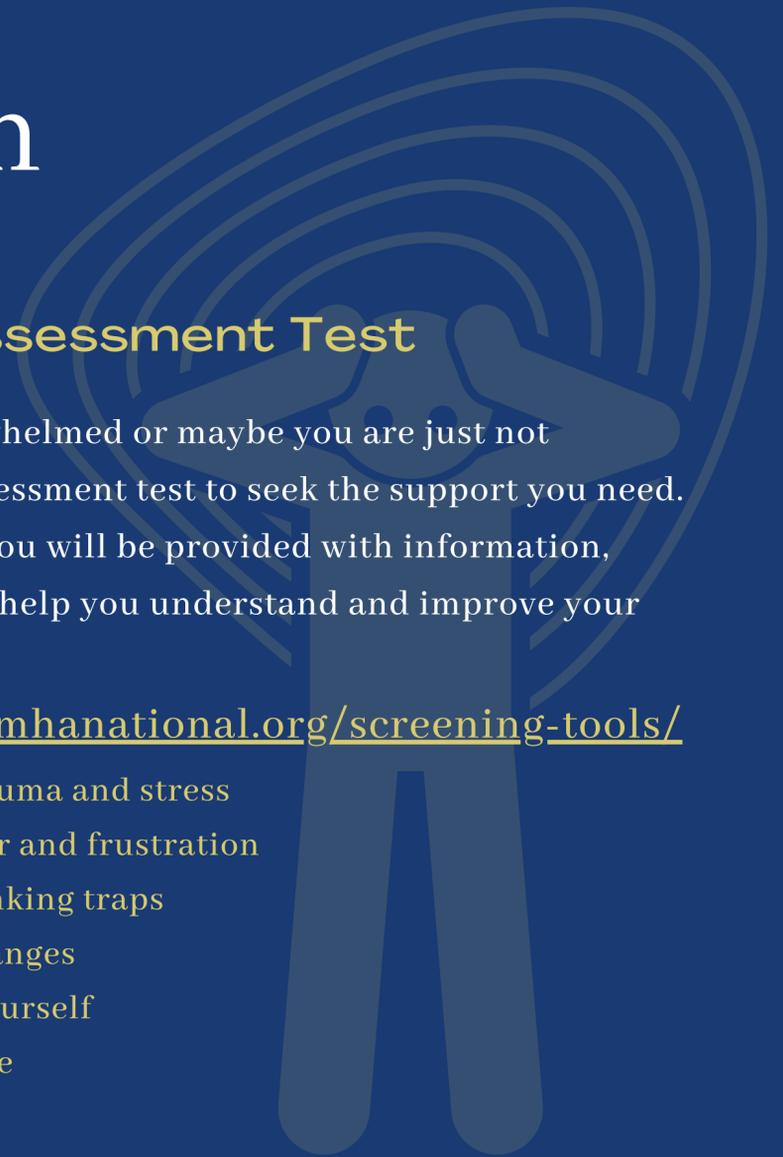


Online Self Assessment Test

Feeling anxious, overwhelmed or maybe you are just not sure...Take the self assessment test to seek the support you need. Following screening, you will be provided with information, resources and tools to help you understand and improve your mental health.

<https://screening.mhanational.org/screening-tools/>

- Adapting after trauma and stress
- Dealing with anger and frustration
- Getting out of thinking traps
- Processing big changes
- Taking time for yourself
- Radical acceptance



COVID-19

COVID-19 has had a profound impact on mental health. It's critical to normalize mental health care to heal from the long-lasting impacts of the pandemic.



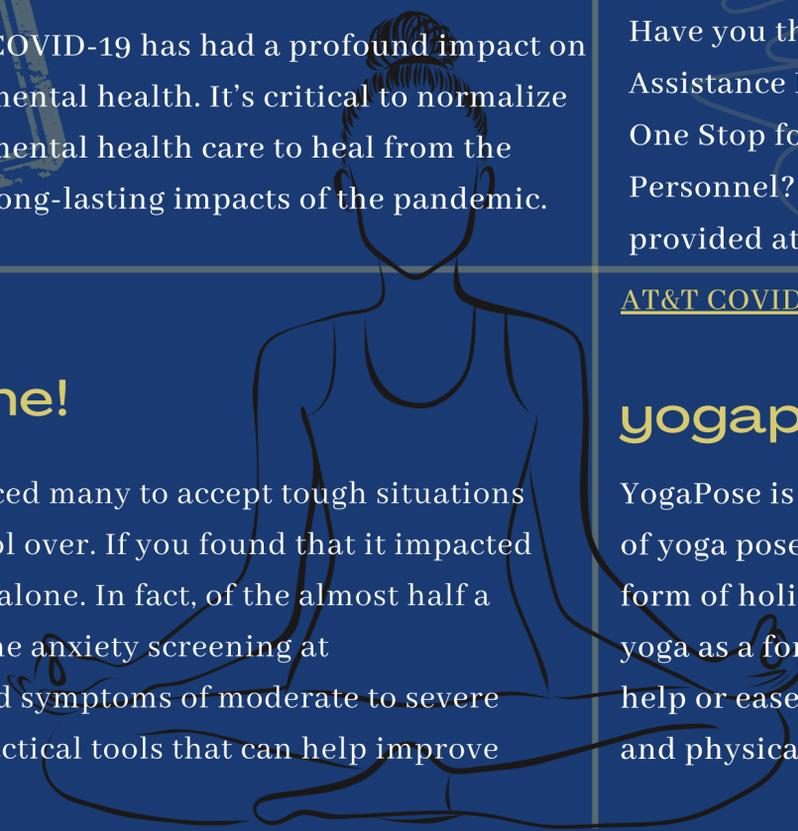
Support

Have you thought to use the Employee Assistance Program provided through HR One Stop for Mental Health Resources & Personnel? Visit here to find resources provided at no cost to you and your family.

[AT&T COVID-19: Health & Emergency Resources](#)

You are not alone!

We know that the past year forced many to accept tough situations that they had little to no control over. If you found that it impacted your mental health, you aren't alone. In fact, of the almost half a million individuals that took the anxiety screening at MHAscreening.org, 79% showed symptoms of moderate to severe anxiety. However, there are practical tools that can help improve your mental health.



yogapose.com

YogaPose is the largest free digital library of yoga poses searchable by symptom. As a form of holistic healing, we are utilizing yoga as a form of alternative medicine to help or ease the symptoms of both mental and physical illnesses.

I need someone to talk to NOW

If you are in need of immediate assistance, please call the National Suicide Prevention Hotline at 1-800-273-TALK, or text "MHA" to 741-741 to talk to a trained counselor from the Crisis Text Line.

