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— Mental Health Awareness —

Let's talk

Speak up. Show support.
Together, we can shatter stigma.

1 in 5
people have
mental or
emotional
health issues

The pandemic has disrupted many aspects of our lives, leading to relationship difficulties, depression and other mental health issues. These issues can be treated by counseling, medication or both. Yet many people don't share their pain because of the insensitivity that often surrounds mental health.

Do you keep silent about feeling depressed, anxious or upset?

There is no shame in having mental or emotional distress or reaching out for help. The real shame is the stigma, misunderstanding, insensitivity and other reactions people have about it.

Speak up. Tell others about your story and how you're feeling. It takes courage, but it's the first step to getting the help you need to feel better.

Your Health Advocate Licensed Counselor can provide **confidential support** for emotional, family and work issues. Referrals to an appropriate professional are provided, if needed.

In a crisis, help is available 24/7.

Has someone revealed a mental or emotional health issue to you?

Ignoring that person, or telling them to snap out of it, just calm down, that things will be better in the morning, or that therapy is for weak people, can make matters worse for someone who is struggling.

Show support. It's not always easy to find the right words, but the key is to acknowledge them without judgment.

Say something like, "It must be hard for you," and "I'm here to listen if you want to talk about how you feel."

Did you know?

Untreated mental health issues are linked to an increased risk of chronic health problems, suicide, relationship difficulties and more.

Most of these issues can be treated by counseling, medication or both.

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Mental Health Matters

Make It a Priority

The disruptions of the pandemic have left many people feeling anxious, depressed, or hopeless, and unable to function fully. These and other mental health issues can be treated with lifestyle changes, medication, counseling or all three, yet many people feel stuck, alone, and powerless to move forward.

Are you suffering silently, feeling stressed, anxious, or upset?

You are not alone. Thousands of people are experiencing these feelings, too, and are reaching out to get the help they need to restore their emotional well-being, and to feel more connected and energized to go ahead with their lives.

Do you know someone who is struggling?

Ignoring that person, or telling them to snap out of it, just calm down, that things will be better in the morning, or that therapy is for weak people, can make matters worse for someone who is struggling.

Speak up.

Tell others about your story and how you're feeling. It takes courage, but it's the first step to getting the help you need to feel better.

Did you know?

In 2021, depression affected 1 in every 3 American adults.

Show support.

It's not always easy to find the right words, but the key is to acknowledge the person without judgment.

Talking to your Health Advocate EAP Professional, who can provide confidential support for emotional, family and work issues, can make all the difference for you or a loved to regain better well-being. Referrals to an appropriate professional are provided, if needed. **In a crisis, help is available 24/7.**



Feeling down or
upset? **Know when
to get help.**

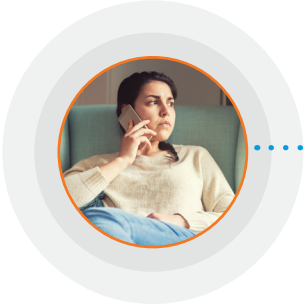
The pressures and stress of the pandemic combined with everyday life stressors, getting too little sleep, or suffering a loss or disappointment can all affect your moods and emotional health. Small or large setbacks can seem like the end of the world. If your feelings of sadness, irritability, or hopelessness don't go away, it could be depression. Depression is a condition that can be treated, usually with therapy and/or medications. **The earlier you get help, the better.**

Watch for these Signs

The difference between depression and feeling down is how severe the symptoms are and how long they last.

Ask yourself these questions:

- **Do you often or usually feel sad**, anxious or “empty”?
- **Do you sleep too little** or too much?
- **Has your appetite shrunk**, and have you lost weight?
Or do you have a bigger appetite, and have you gained weight?
- **Have you lost interest in activities** you once enjoyed?
- **Are you restless** or irritable?
- **Do you have persistent headaches**, chronic pain or constipation that don't respond to treatment?
- **Do you have difficulty concentrating**, remembering or making decisions?
- **Do you often feel tired** or lack energy?
- **Do you feel guilty**, hopeless or worthless?



Don't wait to get help.

If you have any of these signs for longer than two weeks or if they are interfering with your daily life, talk to a licensed counselor or your healthcare practitioner. Again, depression can often be helped by medication, therapy or both.



Your Child's Mental Health: What You Should Know

Beyond getting sick, the **pandemic's disruption in social lives and daily routines can affect children** and young people's social, emotional and mental well-being in a number of ways. It's not always easy to know if your child's sadness, angry outbursts or some other emotional or behavioral problem is an indicator of something that may require professional attention.

What to watch for

Look for patterns of behavior vs. isolated incidents that may appear as the following:

- Sudden changes in mood – including if your child is often sad, worried or fearful
- Loss of interest in activities or hobbies they once liked
- Changes in sleep or appetite
- Bedwetting
- Nightmares
- Clingy behavior
- Acting out behavior such as tantrums
- Is spending most of his or her time alone instead of with friends or family
- Declining grades or interest in school
- Is hyperactive, impulsive or has trouble concentrating
- Is self-destructive or overly aggressive toward others

Next steps



If applicable, **talk with the teacher** about your child's behavior in school, daycare, during lunch or on the playground.



Speak to your pediatrician especially if your child's behavior or emotional difficulties last for more than a few weeks and are causing problems. A mental health specialist can complete an evaluation to determine if treatment is necessary.

Points to remember



Always seek **immediate help if a child engages in unsafe behavior or talks about wanting to hurt himself or herself** or someone else.



Early treatment can help address a child's current difficulties and **prevent more serious problems** in the future.

For more support: Contact your Health Advocate Licensed Counselor anytime.

For coping tips: The CDC's COVID-19 Parental Resource Kit offers many ways to help children cope with daily life during the pandemic.

Visit: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/parental-resource-kit/early-childhood.html>

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Are you at risk for depression? Take the assessment to find out.

Over the last 2 weeks, how often have you been bothered by any of the following problems?	Not At All	Several Days	More Than Half the Days	Nearly Every Day
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3
Trouble falling or staying asleep, or sleeping too much	0	1	2	3
Feeling tired or having little energy	0	1	2	3
Poor appetite or overeating	0	1	2	3
Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
Moving or speaking so slowly that other people could have noticed. Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3
Column Totals				

Total Score (Add your column totals)	
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Symptom Severity Table

Score	Depression Severity
0	No Symptoms
1-4	Minimal Depression
5-9	Mild Depression
10-14	Moderate Depression
15-19	Moderately Severe Depression
>20	Severe Depression

Concerned about your score?

Talk to your healthcare practitioner or a professional counselor for support and guidance.

Sources:

Health Advocate Member Website

Substance Abuse and Mental Health Services Administration
[SAMHSA.gov](https://www.samhsa.gov)

Get Connect with an EAP Professional for Mental Health Support

Inframark partners with Health Advocate to offer a variety of resources, on a wide range of topics, to give support to you and your family when and wherever you need it. Our goal is for you to thrive both at work and at home. Get support to work through personal, family or work issues to feel more balanced and in control.

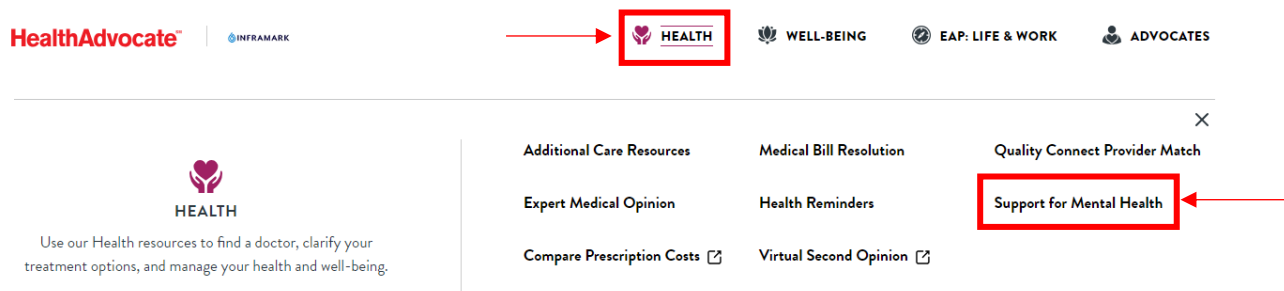
All Inframark employees are covered by this benefit. You do not need to be enrolled in a Inframark medical plan. Health Advocate services are also available to your immediate family – your spouse or partner, dependent child(ren), parents and parents-in-law.

You can access mental health support from Health Advocate (available 24/7) in one of two ways:

1. Call **Health Advocate** at **855-424-6400** to get connected to therapists, counselors, and other resources and tools.

OR

2. Visit www.healthadvocate.com/Inframark and log in to your member profile (use company code: INFRAMARK)
 - o Once you're logged in, click on the "HEALTH" tab, then "Support for Mental Health" to request and schedule counselor support right from your desktop, tablet, or smartphone.



New to Health Advocate? No problem! [Create your member profile](#) to get connected in just a few minutes.

For questions, contact **Health Advocate** at **855-424-6400 (available 24/7)** or email our Inframark Benefits Team at benefits@inframark.com.