

World *Mental Health* Day

World Mental Health Day is observed every October 10 in an effort to raise awareness of mental health issues around the world and to mobilize support for those in need. The day also serves as an important reminder to not take our own mental health for granted.

Mental Health...

- Includes our emotional, psychological, and social well-being.
- Affects how we think, feel, and act.
- Helps determine how we handle stress, relate to others, and make choices.



What is Mental Health?

Mental health can also be considered “emotional health” and is a vital component of our “overall well-being,” making it every bit as important as physical health.

We all have times when we feel sad, stressed or anxious. Most of the time those feelings pass without issue, but sometimes they develop into a more serious problem. When that happens, it’s important to get help.

Experiencing mental health issues?

Contact your **Employee Assistance Program**.

We offer free, confidential counseling and other resources to get you back to feeling your best.



Call:
App: GuidanceNowSM
Online: guidanceresources.com

TRS: Dial 711
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