Real-Life Help

Assistance and resources for personal, family and work issues

Monthly Webinar • Tuesday, May 19th

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Maintain Your Mental Health

We Offer Support

Keeping mentally fit is a lot like staying physically fit—it requires establishing everyday lifestyle habits that can help you function at your very best. In this issue, we highlight simple actions that can help preserve your mental health, including addressing financial debt—a major source of emotional anguish for many people. You will also learn about when to seek professional help for mental distress and how our experts can help you with anxiety, depression and other mental health issues.

Read on to find out how…

- ✓ **A Licensed Professional Counselor** can guide you with coping skills to maintain positive moods and help manage anxiety and depression.
- ✓ **A Work/Life Specialist** can locate financial consultants and other helpful resources.
- ✓ **The EAP+Work/Life website** provides articles about depression, anxiety, emotional well-being and more.

Free!

Webinar!

Tuesday, May 19th

Protect Digital Assets

Planning to protect online banking accounts and other personal digital information.

Register now!

Click Here

Real People, Real Stories

Get Rid of Financial Woes!

Have poor spending habits gotten you into financial trouble, causing anxiety? For Carol, the strain of mounting bills was ruining her sleep and concentration at work. Wanting to take the reins, she reached out to her EAP+Work/Life program for help. "They arranged free phone sessions with a financial consultant who suggested ways to pay down my debt and go on a 'money diet.'" Carol got rid of her credit cards, stopped impulse buying, and found cheaper ways to socialize with friends like taking walks rather than dining at pricey restaurants. She also got help from her Licensed Professional Counselor to handle her anxiety. "I can now see the light at the end of the tunnel and feel more in control."

Debt can harm your well-being! Call us for help.

How to Keep Mentally Healthy

Follow These Habits

In addition to getting proper sleep and exercise, here are everyday habits that can help foster a positive sense of well-being:

✓ **De-clutter your environment**
Messiness can make you feel anxious. Designate spaces for frequently used items and stow them there after each use. Donate, recycle or discard any unused items.

✓ **Practice mindfulness**
Sitting quietly, focusing on each breath, helps keep your mind from drifting into endless worrying.

✓ **Take breaks, preferably in nature**
Even a small dose of sunshine helps boost mood-lifting serotonin levels.

✓ **Stay connected**
Especially when things aren't going right, arrange to meet up with a friend!

Your EAP+Work/Life program offers ways to stay mentally healthy.

May is Mental Health Awareness Month

Just not feeling like yourself? Mental health problems are common and most are resolved with help. **Don't hesitate to call us.**

Is It More than the Blues?

Know the Signs of Depression

It's normal to feel down from time to time. But if sadness lingers, you may have depression—a condition that can be treated, usually with therapy and/or medications. The earlier you get help, the better. Here are signs to watch for:

- **Persistent feelings of sadness,** hopelessness and pessimism
- **An unexplained loss of appetite,** or compulsive overeating
- **Sleeping too little** or too much
- **Continuing restlessness** and irritability
- **Loss of interest** in activities that you once enjoyed
- **Difficulty with concentrating,** remembering and decision-making

Remember, you can always call your EAP Licensed Professional Counselor for free and confidential support 24/7.

EAP+ Work/Life Program

EAP+Work/Life

Get short-term assistance

- Referral for in-depth counseling, if needed
- Work/Life Specialists locate support resources, from caregiving to legal help
- Visit website for online articles and other resources
- In a crisis, emergency help is available 24/7

Talk to a Licensed Professional Counselor to learn coping skills. You may be referred to the appropriate professional for in-depth, long-term help.

Use self-search provider databases, get 4,000 updated and authoritative articles, view video clips, attend monthly online seminars and more.

Confidential assistance is available 24/7.

Just call

800.343.2186

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Your EAP+Work/Life Website is Available 24/7

Access Online Help and Resources, Anytime

Your Health Advocate EAP+Work/Life website is packed with important information to help you with personal, family and work issues and better balance your life! **Here's what you'll find:**

- ✓ Orientation video of the many ways we can help
- ✓ Locators for childcare, summer camps, in-home agencies, pet care, education, older adults, volunteer opportunities
- ✓ Authoritative articles on emotional well-being, relationships, financial guidance, legal concerns, health issues, working and personal growth
- ✓ Sign up for webinars
- ✓ Savings Center
- ✓ Support groups and other community resources

HA Blog **Connect to us**

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About Human Management Services (hms)

Human Management Services, Inc. (hms), a Health Advocate Company, is an integrated counseling and referral resource specializing in Employee Assistance (EAP) and Work/Life Programs. HMS works with companies throughout the United States and draws on over 30 years of experience implementing a broad range of Work/Life, case management and counseling services. HMS is known for their flexibility, commitment to innovation, and EAP marketplace knowledge, giving them the ability to continually deliver enhanced services to their clients.

Health Advocate is not affiliated with any insurance or third party provider. Health Advocate complies with all government privacy standards. Health Advocate does not replace health insurance coverage, provide medical care or recommend treatment.