

Mental Health

😊 😞 😓 😐 😡 Awareness Month 

Level Up
Elevate your total wellbeing.

OHRM Office of Human Resources Management



May is Mental Health Awareness Month.

It is a national movement aimed at raising awareness about mental health. Since 1949, [Mental Health America](#) and their affiliates across the country have led this national observance by reaching millions of people through the media, local events and screenings. Behavioral Health is one of [Level Up's](#) five dimensions. We will be highlighting the importance of mental health concerns throughout the month of May.

Stressed out? Breathe in.

Everyone feels stressed from time to time. But what is stress? How does it affect your health? And what can you do about it?

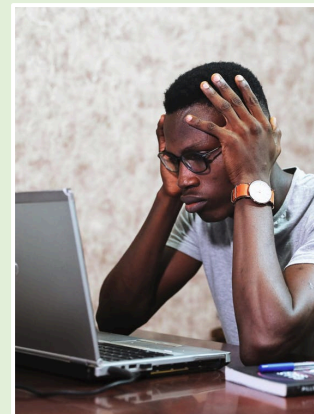
Stress is your body's way of protecting itself from harmful situations. When you feel stressed, your brain becomes more alert, your muscles tense, and your pulse increases. This can make it easier for you to complete a difficult task, like a test or a job interview. That means that not all stress is bad stress.

There are two kinds of stress:

- **Acute stress:** You feel this when you slam on the breaks, have a fight with your partner or ski down a steep slope. It's a short-term stress that goes away quickly.
- **Chronic stress:** You may feel this if you have money problems, an unhappy marriage or trouble at work. Any type of stress that goes on for weeks or months is considered chronic.

When you have chronic stress, your body stays alert, even though there is no danger. Over time, this puts you at risk for health problems, including:

- High blood pressure
- Heart disease
- Diabetes
- Obesity
- Depression or anxiety
- Skin problems, such as acne or eczema
- Menstrual problems



It's more than a mood.

Watch for the warning signs of depression.

Everyone feels down sometimes. You might be coping with everyday stress, feeling lonely or grieving the loss of a loved one. But how do you know if you're just feeling blue or on the brink of a major depression? The signs of depression are hard to detect, and might go unnoticed by you or others who are close to you. Depression can hide behind a person's smiling photos posted on social media. It can be a constant drain on someone who appears otherwise happy and functioning in their career.

- **Diagnosing depression** – If you're concerned about depression, talking with your doctor is a good first step. Your doctor might ask questions about your symptoms and discuss any family history of depression or mental illness. Lab tests may help rule out other conditions that could be affecting your mood. The following questions can help uncover symptoms of depression:
 - Do you feel sad most of the day or almost every day?
 - Have you lost interest in your favorite hobbies and activities?
 - Have you had a change in appetite or significant weight gain or loss?

- Are you sleeping too much or unable to sleep?
- Do you lack energy and motivation almost every day?
- Do you feel hopeless, worthless or guilty almost every day?
- Do you have problems with concentrating, making decisions or remembering?
- Do you have recurring thoughts of death or suicide?
- **Let's talk** – There's no need to suffer in silence or hide your feelings. Reaching out to set up an appointment can take just a few words: "I don't feel like myself lately, and I wonder if it could be depression or something else. I'd like to talk with a doctor about it."
- **National Suicide Prevention Lifeline** – if you need help right now, call **800-273-8255**.

Need help? Contact the Employee Assistance Program.

Get help and support by contacting the KEPRO Employee Assistance Program—available 24 hours a day, 7 day a week.

- **Website:** www.eaphelplink.com
- **Company Code:** PRINCE GEORGES
- **Toll-Free Number:** 1-877-334-0530

Webinar: Stress & Depression

Check out this webinar to support your mental and behavioral health.

- **Webinar:** Understanding Mental Health: Stress & Depression
- **Date:** Wednesday, May 13, 2020
- **Time:** 12 noon
- **Register:** [Sign up today](#)



Office of Human Resources Management
Level Up – Employee Wellness Program
1400 McCormick Drive, Suite 245
Largo, MD 20774
LevelUp@co.pg.md.us


Angela D. Alsobrooks
County Executive