

Mental Health

😊 😞 😟 😠 😡 Awareness Month 🧡



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.

It's can be hard to ask for help, when you don't know where to turn.

With the increased stress and uncertainty that's coming our way these days, it can be difficult to seek help. You may not know where to turn or who to turn to. We've pulled together a list of resources to support you and your family.

Coronavirus Coping Resources

- [Reassuring Children's Fears and Concerns](#)
- [Strategies for Coping with Uncertainty](#)
- [Coping with the Fear of Coronavirus](#)
- [Emotional Well-being Resource Guide](#)
- [Substance Use Disorders](#)
- **Webinar:** [Mental Health First Aid: Resourceful, Resilient, and Remote Employees](#) (access password: XO=#OK42)
- [Mental Health Supports During the COVID-19 Crisis](#)

Grief and Loss Resources

- [Offering Support After a Death](#)
- [Offering Support to a Child After a Death](#)
- [Anticipatory Grief and Anxiety](#)
- [Coping with the Death of a Coworker](#)

Stress Management & Depression Resources

- [Stress Management – A Success Story](#)
- [Signs of Depression](#)
- [Stress and Your Oral Health](#)
- [myStrength – Support at Your Fingertips](#)
- [Caring for Your Mind, Body, and Spirit](#)

Domestic Violence Resources

- [Are You in an Abusive Relationship?](#)
- [How to Help Someone in an Abusive Relationship](#)
- [Partner Violence Resources](#)

On-Demand Webinar: Resilience in Challenging Times

Check out this on-demand webinar to support your mental and behavioral health. Watch at your convenience.

- **Webinar:** Resilience in Challenging Times
- **Presenter:** Dr. Tom Troast, Ph.D., LPC
- **Resources:** [View to webinar](#)



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