

Being aware of your overall health is very important. Raising Mental Health Awareness can help identify symptoms, find professional treatment and break the mental health stigma that puts those suffering living in secret.

Mental Health symptoms include:

- Feeling sad or down
- Mood changes of highs and lows
- Withdrawn from friends or family
- Excessive fears or worries
- Inability to cope with daily problems or stress
- Confused thinking or reduced ability to concentrate

TOLL-FREE: 800-346-0110

WEBSITE: www.inova.org/eap

Your Employee Assistance Program offers confidential counselling, referrals and follow-up services for employees and household members.

We are available to you 7 days a week/24 hours a day.

MAY IS MENTAL HEALTH AWARENESS MONTH



Whatever your struggle, help is all around you