



May is Mental Health Awareness Month

May is Mental Health Month—a perfect time to get educated, get support, and learn ways to make mental health a self-care priority in your daily life. Behavioral Health is one of [Level Up's](#) five dimensions and we want to encourage you to nurture your mental and emotional health.

Vision & Mental Health

Vision loss can affect your physical health, quality of life, and your mental health. Vision loss has been linked to loneliness, social isolation, and feelings of worry, anxiety, and fear.

Depression is common in people with vision loss. In a recent CDC study, 1 in 4 adults with vision loss reported anxiety or depression. Younger adults with vision loss had almost 5 times the risk of serious anxiety or depression compared to older adults.



Impacts

There are many reasons why those who experience vision loss also report anxiety or depression.

- Vision loss can make it harder for people to do the things they enjoy.
- It can also make it harder to work, avoid falls, and get where they need to go.

Vision Care

Improved mental health isn't the only surprising benefit of vision care—eye exams can also help detect serious health conditions sooner, like high blood pressure, diabetes, heart disease, and high cholesterol. With early detection, many conditions become treatable or more manageable in daily life, which also supports better mental health.

Additional Resources

- [VSP Vision Care](#)
- [Omada Program](#)
- [Inova – Employee Assistance Program](#)
- [Mindful Month Chart](#)
- [Cigna](#) members
- [Kaiser Permanente](#) members



Get ready for The Summer of Wellness – [register now!](#)

Mental Health Awareness Webinars

Thank You for Participating!

Beats Pill Portable Bluetooth Speaker

Here are the winners:

- Kathryn McKenzie ~ Office of Homeland Security
- Korey Chisholm ~ Health Department
- Ashley-Janelle Galloway-Soto ~ Dept. of the Environment



Office of Human Resources Management
Level Up – Employee Wellness Program
1400 McCormick Drive, Suite 351
Largo, MD 20774
LevelUp@co.pg.md.us

