# MENTAL HEALTH RESOURCES

What Resources Are Available To Me?

* Family Support - National Alliance on Mental Illness (NAMI): <https://www.nami.org/Find-Support>

* U.S. Crisis Text Line:

Text HOME to 741-741

* Substance Abuse Support Helpline: 1-800-662-4357
* National Institute of Mental Health (NIMH) Find Help: [www.nimh.nih.gov/findhelp](http://www.nimh.nih.gov/findhelp)
* National Suicide Crisis Lifeline: 1-800-273-8255 or dial 988
* National Domestic Violence Hotline: 1-800-799-7233
* Employee Assistance Program (ask your employer if you have one)
* Contact your primary care physician or counselor.

## What is Mental Health?

Your mental well-being includes how you think, act and feel. It also helps you cope with stress, relate to others and make decisions. According to the WHO, there’s not a specific definition of mental well-being. However, various studies agree that achieving a state of mental well-being includes being able to:

* Realize your full potential.
* Work productively.
* Cope with normal stresses of life.
* Contribute meaningfully to your community.

Mental well-being includes mental health, but goes far beyond treating mental illness. For example, you could go through a period of poor mental health but not necessarily have a diagnosable mental illness. Mental health can change over time, depending on factors such as your workload, stress and work-life balance.

Why is mental well-being important?

Your mental well-being is tied directly to your physical

health. Individuals with poor mental health or untreated

mental illness are at risk of developing many chronic

conditions like Type 2 diabetes, stroke, heart disease and

obesity. Poor mental health can also cause negative effects

in your work life as well as in your social life. If you have

poor mental health, you may experience productivity issues

at work and may experience withdrawal or feelings of

**QUESTIONS?**

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