



Let's Talk Mental Health

May is Mental Health Awareness Month. It's a time to raise awareness and break down stigmas to foster understanding and support. In this email, we'll dispel a few of the most common myths about mental health and remind you about resources available to you.

DISPELLING THE MYTHS

MYTH: Only weak people have mental health issues.

FACT: Anyone can develop a mental health issue and developing one is fairly common; 1 in 5 adults experience mental illness each year¹

MYTH: There is no cure for mental illness.

FACT: There are a variety of treatments and many people get better when they seek help. The problem is a lot of people don't ask for help; less than 1/2 of the adults who experience mental illness get treatment.¹

MYTH: Counseling is only for people with serious mental illness.

FACT: Counseling can benefit most people. About 3/4 of those who attend psychotherapy benefit from it.²

¹ National Alliance on Mental Illness

² American Psychological Association

3 Resources to Know About



Struggling with personal and work life problems?

The Employee Assistance Program (EAP) offers confidential counseling, online resources, and referrals for things like child/elder care and home repair. Each UNC constituent institution has an assigned EAP phone number. Go [here](#) and scroll down to the contact chart to get the right number for you. Your initial consultation will be free and most UNC institutions provide additional free consultations.

You also can access online resources via [Guidance Resources](#). Go [here](#) and scroll down to find the App St Web ID.



Looking for self-help resources?

In addition to the online resources available through the EAP, Carelon Behavioral Health (formerly Beacon Health through BCBSNC) provides online resources, including webinars, trainings, videos, and more on a wide range of topics.



Having thoughts of suicide, experiencing a substance use crisis, or any kind of emotional distress?

Call or text the National Suicide and Crisis Lifeline (988) to get immediate help.

If it matters to you, it matters.

Resources to help you support your well-being and build resilience.

