



THE NEWSLETTER OF YOUR EMPLOYEE ASSISTANCE PROGRAM

Approximately 1 in 5 adults in the U.S.—43.8 million, or 18.5%—experiences mental illness in a given year, and yet nearly 40% of them don't seek treatment or help from others. Research shows that people with mental illness have fewer opportunities related to work, independent living, and primary health care because of public stigma. The negative stigma on mental health is a serious issue in today's society. In public stigma, the population endorses stereotypes of mental illness leading them to discriminate against people with the label.

The Quantum Employee Assistance Program (EAP) work with many employers nationwide. Our relationship with your employer underscores their interest about your emotional health and wellbeing. EAP is a benefit that can help you, your family or your work team who are dealing with many life issues.

Accessing (EAP) can help with a variety of issues in and out of the workplace. This month is important to our organization since our charter as an EAP is about helping those in need by assessing the situation, supportive counseling and organizing pathways for ongoing care.



May is
Mental Health
Awareness
Month

PLEDGE TO RETHINK MENTAL HEALTH

By pledging to "RETHINK THE STIGMA" you are joining a movement to combat the negative and critical stigmas about mental health issues and correct misconceptions and stereotypes. By pledging, you are choosing empowerment over shame. By pledging you are spreading awareness for the cause and helping those around you be more mindful and understanding of people who suffer with mental health issues. This is not a cause for virtue signaling. This is an active cause that can make an active difference in the lives of those who suffer from mental illness.

Stress is a part of work life, especially with the complications our society is managing today. Learn some new ways improve your mental health with an EAP consult. Explore your options by calling 877-747-1200.