

EAP & PAP Newsletter

May 2022

Mental Health Awareness

Through the last two years of this Global Pandemic, millions of people have struggled with their mental well-being or have seen ohana or friends struggle. It has been a very challenging time for most of us. While most can relate to the stress, isolation, and uncertainty of the past few years, some feel it more than others.

Those already dealing with anxiety, depression, grief, physical illness, loss, change in finances or family systems, PTSD, or any diagnosed chronic mental health condition may have had a more difficult time with the challenges of COVID-19. They may also have had greater challenges accessing care, resources, and even the same level of support by overburdened, stressed, or geographically distant family, friends, and support systems.

More people are now talking about mental health, seeing it for what it is — an important component of your overall health and well-being, just like your physical health. But mental health conversations can still feel complicated. This leaves people with mental health issues feel like no one understands what they are going through, or that they are alone with their challenges.

As half of Americans will meet the criteria for a diagnosable mental health condition in their life, it is important for all of us to have a solid foundation of knowledge about mental health. Resources are readily available for all, and the more you can recognize warning signs and resources, the more you will be able to support your ohana and co-workers when mental health issues arise. And the more you know, the more you can identify your own challenges and start a conversation with your primary care provider, or a trusted friend or family member, or reach out for support to begin to plan a course of action for addressing your mental health.

Mental Health Awareness Month begins on May 1 to raise awareness of mental health issues.

Mental health refers to cognitive, emotional, and behavioral well-being and includes what people think and feel, and how they behave. Your mental health has a direct impact on your daily life, relationships, work, and physical, emotional, and spiritual health.

Mental Health Awareness Month began back in the 1940's. The [Mental Health America](#) organization was founded by Clifford Whittingham Beers. Born in 1876, Beers focused on this issue primarily because all his family members suffered from some form of mental illness or psychological distress.

The organization now provides free, practical resources to introduce mental health topics like recognizing warning signs, knowing the factors that can lead to mental health conditions, maintaining mental wellness, and seeking help for mental health. (continued)



MAY IS MENTAL HEALTH MONTH

TIME TO GET **BACK TO BASICS**

LEARN MORE
mhanational.org/may



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Life can be challenging, but every day shouldn't feel hard or out of your control. If it does, one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition is to take a mental health screening. Screening tools are readily available on the mhanational.org website. They provide online Screening Tests for a variety of conditions, including the following:

ONLINE SCREENING TESTS

(Available at <https://screening.mhanational.org/screening-tools/>)

- Depression Test
- Anxiety Test
- Bipolar Test
- PTSD Test
- Addiction Test
- Postpartum Depression Test
- Eating Disorder Test
- Youth Mental Health Test
- Psychosis Test
- Depression & Anxiety Tests — in Spanish

FAST FACT
21% of all US Adults live with a mental health condition.

If you want to participate in making a difference during Mental Health Month, here are some ways you can start:

- Create a sustainable Mental Health practice for yourself.
- Help reduce the stigma associated with mental health that suggests it is all about “illness” or “crazy people.”
- Commit to expanding your education about mental health and well-being.
- Advocate for improvements in the mental health system.
- Recognize the need for mental health services for underserved populations and those traditionally marginalized by racism and bigotry.

And remember that resources are readily available. Your EAP is a free, confidential local resource. Call (808-597-8222) to schedule an appointment with a local counselor. And the National Suicide Hotline (800-273-8255 or 800-273-TALK) is always available, 24/7!

Articles On Our Website

Did you know about all the resources available to you from your EAP's website? Here are a few examples:



5 TIPS FOR WORKING FROM HOME STRESS-FREE (PARENT'S EDITION)

This is an article written by James E. Porter, CEO of StressStop.com and is used by permission. When I started...

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SUPPORTING TRANSGENDER, NON-BINARY, AND/OR GENDER NONCONFORMING EMPLOYEES

Making the workplace an inclusive and affirming place for employees who are transgender, non-binary, and/or gender nonconforming...

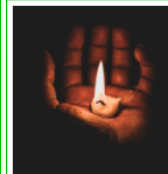
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8 SIMPLE WAYS TO CREATE A MENTALLY HEALTHY WORKPLACE

Many business leaders assume an employee's mental health is none of their business. But...

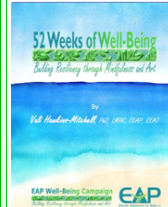
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COPING WITH THE DEATH OF A CO-WORKER FROM THE CORONAVIRUS

When a co-worker dies from COVID complications, an extra layer of complications to grief...

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SIGN UP FOR 52 WEEKS OF WELL-BEING

You can sign up to receive weekly emailed tips for a year that help you build your resiliency. Written by our own Dr. Vali Hawkins-Mitchell...

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(If this is a pdf you may be able to click the links to each article above!)

Check out your EAP's website at www.EAPacific.com

Or your PAP website at www.HawaiiPAP.com

Please note that work/life services (legal, financial, eldercare, ID theft, mediation) are available to most, but not all, EAP customers. Call us if you have a question.

EAP and PAP provide short-term confidential counseling and work/life services, provided to you by your employer, that can assist in identifying and resolving issues that may be interfering with your job or personal life. Access to our experienced counselors and work/life services is available across the Islands and can be contacted by phoning or emailing our Honolulu office.

