

# MAY IS MENTAL HEALTH AWARENESS MONTH



Remember to care for yourself and to support those around you.

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There are many reasons you may consider reaching out for counseling. You are not alone, and help is available.

## Counseling can help when you're:

- Feeling overwhelmed or stressed
- Experiencing sadness or anxiety
- Struggling with work or burnout
- Coping with change, loss, or transition
- Having relationship or family concerns
- Feeling stuck, disconnected, or alone
- And many other life situations



## Best Care EAP website:



## Did you know?

- Best Care EAP is available to you and your dependent eligible family members
- Best Care EAP offers multiple options for care
- Best Care EAP services are confidential

