

MAY IS

MENTAL HEALTH AWARENESS MONTH



WHY IT MATTERS

- **1 IN 5 ADULTS LIVE WITH A MENTAL HEALTH DIAGNOSIS**
- **MENTAL HEALTH AFFECTS EVERYONE REGARDLESS OF AGE, GENDER, OR BACKGROUND**
- **EARLY INTERVENTION CAN LEAD TO BETTER OUTCOMES AND SUPPORT OVERALL WELL-BEING**



MODERN ASSISTANCE

EMPLOYEE ASSISTANCE PROGRAM

EST. 1988

ABOUT

MENTAL HEALTH AWARENESS MONTH

MAY IS MENTAL HEALTH AWARENESS MONTH, A TIME TO RAISE AWARENESS ABOUT MENTAL HEALTH, FIGHTING STIGMA, PROVIDING SUPPORT AND ADVOCATING FOR POLICIES



HOW MODERN ASSISTANCE CAN HELP

AS YOUR EMPLOYEE ASSISTANCE PROGRAM, MODERN ASSISTANCE WANTS TO MAKE SURE YOU UNDERSTAND WE ARE HERE FOR YOU.

IN ADDITION TO OTHER SERVICES, WE OFFER THE FOLLOWING TYPES OF COUNSELING: INDIVIDUAL, GROUP, FAMILY, MARRIAGE/COUPLES, MENTAL HEALTH, SUBSTANCE ABUSE, ANGER MANAGEMENT, DOMESTIC VIOLENCE, AND GAMBLING.

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