

# Mental Health Awareness



The majority of people will experience a mental health challenge at some point during their lifetime. It's often the everyday concerns, such as anxiety / stress, depression, marriage / relationships, family dynamics, parenting, and grief, that impact our mental well-being as well as that of those around us. Creating a culture of advocacy and support for mental health reduces stigmas, encourages people to seek care when they need it, and promotes healthier and happier individuals, families, workplaces, and communities.

## ➤ be NICE

ERC's four-step approach to recognizing, supporting, and addressing mental health.

### **NOTICE - what's different**

Be aware of changes in others' behavior, attitude, or work performance, especially if negative, which may be an indicator that someone is struggling.

### **INQUIRE - ask the questions**

Reach out to others when you notice changes and ask if everything is okay. A supportive gesture can make a positive difference for someone who is experiencing mental health challenges.

### **CARE - show concern**

Actively listen to what the person tells you. Let them know that you care about their well-being and that you are willing to help them find mental health support resources.

### **EXPLORE - discover options**

Direct the person to resources that could assist them, such as an EAP, crisis center, community resource, or other mental health provider.

### Top Ten Reasons Clients Use ERC's Employee Assistance Program (EAP)



### Need assistance with a mental health issue?

ERC: Counselors & Consultants is your employer's Employee Assistance Program (EAP) partner. Call 1-800-222-8590 to schedule a confidential, no-cost appointment with a counselor.