



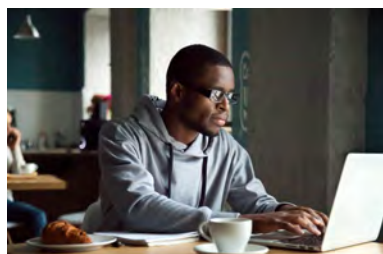
## Mental Health Awareness May 2021

May is Mental Health Awareness Month, and with the public health crisis of COVID-19, there is no time like now to discuss the stigma associated with mental health. And, as always, if you or a family member needs help, reach out to your Employee Assistance Program (EAP) for support.



**Mental Health Awareness Month Resources:** In order to increase awareness of the need for mental health assistance, we have created educational resources for your organization and your employees. Included are seven articles that address mental health topics.

[READ MORE](#)



**Podcasts:** Listen to two licensed clinicians discuss Resiliency and Emotional Health. Available in both English and Spanish versions.

[Boosting Resiliency: English Version](#)

[Emotional Health: English Version](#)

[Boosting Resiliency: Spanish Version](#)

[Emotional Health: Spanish Version](#)



**Mental Health by the Numbers:** Includes five infographic tip sheets that provide relevant mental health statistics and trends.

[READ MORE](#)



**State of the Nation's Mental Health:** To learn more about our nation's mental health, Anthem and its affiliated health plans recently issued an inaugural report, State of the Nation's Mental Health, which is based on an analysis of healthcare claims and an Anthem-commissioned nationwide clinician survey.

[READ MORE](#)