



Here4TN Leader's Monthly

May 2018



May is Mental Health Month

Most of us know that good mental health is an important key to good overall health. Living with a mental health condition can influence how people think and feel – and how they function every day. Mental illness can affect our friends and family, as well as our colleagues and employees. And statistics show that more than 40 million adults in the U.S. have a mental health condition. That's 1 in 5 adults.

Mental health issues can cause reduced productivity, too. In the U.S., depression alone is linked to 200 million lost work days every year.

So how does it affect our employees?

To help you gain a better understanding of how stress affects our employees at work, consider these statistics.*

- 42.2% of members feel that personal problems or financial stress interfere with their ability to concentrate at work
- 47.7% want to work on coping better with stress

Schedule a training

To give your employees the support they need, think about setting up training through the Here4TN Training Catalog. Here's a few that may be helpful:

1. How financial stress affects the workplace (1 hour)
2. Conquering fear and anxiety (1 hour)
3. Depression in the workplace (1 hour)
4. Dealing with mental illness (1 hour)

Count on us for help.

Call 855-Here4TN (855-437-3486) for more information or go  complete a training request form and get started today.

As a leader, it can be hard to keep up with all of the programs and services you and your employees have available. That's where your new Here4TN Leader's Monthly can help.

Sources:

[The state of mental health in America.](#) Mental Health America. Accessed March 22, 2018.

[Depression evaluation measures.](#) Centers for Disease Control and Prevention. Accessed March 22, 2018.

* 2016 Well-Being Assessment aggregate results provided by Healthways

Continue on to [page 2](#) »

May 10 is National Children's Mental Health Awareness Day

This year, this important day focuses on the mental health needs of children, youth and young adults who have witnessed a traumatic event. More than two out of three children have experienced at least one traumatic event by the time they're 16 years old.

A traumatic event may be:

- A natural disaster
- Terrorism
- Witnessing domestic violence
- Being a victim of abuse (physical, sexual or psychological)
- Neglect
- Serious accidents or illnesses
- A violent death of a family or friend

Helping parents

Parenting children who are struggling to deal with a traumatic event can be challenging. Here4TN can help. Whether you're a parent, or you have employees who are parents, consider signing up for a training to learn how to handle these types of issues. Here's a couple that may help:

Violence in schools: Parental awareness and tips for prevention (1 hour)

Violence in the schools has become a serious concern for parents. They may wonder: How safe is my child's school? Is my child at risk? What signs do I look for in my child — or in his or her friends? What can I do? This program will address these questions, give parents suggested ways to approach their children and recommend practical ways to get involved.

Here are the program highlights:

- Offer tools for recognizing and identifying potentially violent behavior
- Familiarize parents with intervention techniques for questionable behavior
- Learn how to start a conversation with their children



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Continued from [page 2](#) »

Handling a family crisis (1 hour)

For those who may be going through a family crisis or simply want to prepare, this class will cover managing expectations and guilt. Learn how to cope with financial challenges and what to expect during transition times. This class can also be geared toward managers supporting employees going through a family crisis.

Here are the program highlights:

- Define a crisis
- Managing expectations
- Managing guilt
- Financial challenges
- Transition times
- Employee and manager



Contact us for help

Call 855-Here4TN (855-437-3486) for more information or [go here](#) to complete a training request form and get started today.

Sources:

[The state of mental health in America](#). Mental Health America. Accessed March 22, 2018.

[Understanding child trauma](#). Substance Abuse and mental Health Services Administration. Accessed March 22, 2018.

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This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. This program and its components may not be available in all states and coverage exclusions and limitations may apply.