



# Mental Health Matters

*Mental Health includes your emotional, psychological and social well-being. It's also a factor in our ability to cope with stress, relate to others and make decisions.*

## Emotional

- The ability to manage life's stresses and adapt to change.
- How you feel can affect your ability to carry out daily tasks and your relationships with others.
- Improved by emotion literacy; being able to name and acknowledge your feelings.

## Psychological

- Includes emotional well-being along with feeling good, resiliency and functioning effectively.
- Those with a high psychological well-being report being happier and higher life satisfaction.
- Fostering a positive mindset through mindfulness, gratitude, and service can improve your psychological well-being.

## Social

- Relationships help us navigate the world, interact with others, express ourself, and be a part of different communities.
- Building positive connections and support systems are linked to improved mental and physical health.

## Mental Health Conditions

Abuse

Addiction

ADHD

Anxiety

Bipolar

Depression

Loneliness

OCD

PTSD

Self Harm

Suicide

Trauma

Source: <https://www.nih.gov/health-information/emotional-wellness-toolkit>

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**Contact your onsite Health Coach for more information:**

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## **Mental Health Screening Tools**

- Visit <https://screening.mhanational.org/screening-tools/> to check if you are experiencing symptoms of a mental health condition including depression, anxiety, PTSD, addiction and more.

## **Mental Health Tool Kit**

### **Online Therapy Services**

Better Help: [www.betterhelp.com](http://www.betterhelp.com)

Sanvello: [www.sanvello.com](http://www.sanvello.com)

Talkspace: [www.talkspace.com](http://www.talkspace.com)

Online Therapy: [www.online-therapy.com](http://www.online-therapy.com)

### **Helplines**

National Suicide Prevention Lifeline: (1-800-273-TALK (8255))

SAMHSA's National Helpline: (1-800-662-HELP (4357))

National Domestic Violence Hotline: (1-800-799-SAFE (7233))

Crisis Text Line: Text HOME to 741741

National Alliance on Mental Illness: 800-950-NAMI

## **Self Care & Positive Mindset Tools**

Mindfulness Practice: [www.mindful.org](http://www.mindful.org)

Meditation: <https://www.headspace.com/meditation-101/what-is-meditation>

Deep Breathing: <https://www.verywellmind.com/abdominal-breathing-2584115>

Resiliency: <https://www.apa.org/topics/resilience>

Gratitude: <https://gratefulness.org/practice/practice-space/>

Service: <https://www.volunteermatch.org/> ; <https://projecthelping.org/kynd-kit/>

Digital Detox: [https://greatergood.berkeley.edu/article/item/](https://greatergood.berkeley.edu/article/item/five_reasons_to_take_a_break_from_screens)

[five\\_reasons\\_to\\_take\\_a\\_break\\_from\\_screens](https://greatergood.berkeley.edu/article/item/five_reasons_to_take_a_break_from_screens)

Positive Self Talk: <https://www.wellandgood.com/positive-self-talk/>

Yoga: <https://yogawithadriene.com/home-30-days-of-yoga/>

Source: <https://screening.mhanational.org/screening-tools/>

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