

## Mind Your Mental Health

According to National Alliance on Mental Illness (NAMI), 1 in 5 U.S. adults experience mental illness each year. Taking care of your mental health is important.

According to the Centers for Disease Control and Prevention (CDC), poor mental health can impact your work by making you:

- Unable to perform your job well
- Unable to connect with co-workers
- Unable to perform physical tasks

Lack of social connection can affect your mental health. Recent events have called for being physically distant from others. This has caused loneliness. Some are tackling this with virtual hang outs, by connecting on social media and more.

State of Tennessee employees have access to mental health resources, including:

- EAP Services: Master's level specialists are available 24/7 to assist with stress, legal, financial, mediation and work/life services. Call 855.437.3486 or go to [HERE4TN.com](http://HERE4TN.com) to obtain your preauthorization. Virtual visits are available!
- ActiveHealth: Access to online coaches who can help with mindfulness, meditation, and more.



**“If you take care of your mind, you take care of the world.”**

-Arianna Huffington

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**Let's Talk about Mental Health**

Let's support each other on #WellnessWednesdays over on our [Facebook Page](#)! (Be sure to let us know what department you're with.)