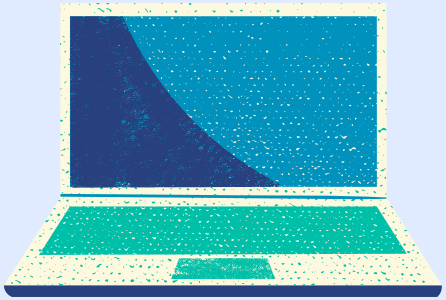
# Mind Your Mental Health

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



Mental health includes our emotional, psychological and social well-being. It affects how we think, feel and act. Our mental health also helps determine how we handle stress, relate to others and make healthy choices.

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

- Unable to perform your job well
- Unable to connect with coworkers
- Unable to perform physical tasks

WORKING FOR A HEALTHIER TN

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

- **Here4TN Confidential Counseling**: Available to you at no cost. Get five counseling sessions, per problem, per year.
- **Self Care by AbleTo**: Get self-help tools and techniques for boosting your mood. Anytime, anywhere. Online or through the mobile app.
- **Take Charge at Work**: Confidential program to help working adults recognize and manage symptoms of stress and depression at work.