

May 2026

MENTAL



HEALTH

MENTAL HEALTH AWARENESS

Mental Health Awareness Month, observed each May, is important because it helps bring attention to mental health as a vital part of overall wellbeing. It provides an opportunity to educate, reduce stigma, and encourage open conversations about mental health challenges that many individuals face.

Why It Matters:

- Promotes awareness and understanding of mental health conditions and the impact it has on daily life
- Reduces stigma by encouraging open, supportive conversations
- Encourages early intervention by reminding people it's okay to ask for help
- Supports wellbeing at work and in communities by normalizing mental health care alongside physical health
- Empowers individuals with tools, resources, and coping strategies to maintain emotional wellbeing

Mental Health Awareness Month reinforces that mental health matters year-round and that caring for it benefits you, your family, and your community.



MENTAL HEALTH AWARENESS

IMPORTANCE OF
EMPLOYEE ASSISTANCE
PROGRAMS (EAP)

ONE STOP SHOP
MENTAL HEALTH
TOOLKIT

CREATING MINDFUL
MOMENTS

BENEFIT SPOTLIGHT:
HEADWAY

POSITIVE ENERGY
SMOOTHIE BOWL

RESOURCES TO KNOW

IMPORTANCE OF EMPLOYEE ASSISTANCE PROGRAMS (EAP)

Employee Assistance Programs (EAPs) play an especially important role during Mental Health Awareness Month because they turn awareness into action by connecting you with confidential, professional support when you need it most.

Why EAPs matter during Mental Health Awareness Month:

- **Provide accessible support:** EAPs offer you confidential access to counseling, mental health resources, and referrals, often at no cost while removing common barriers to care.
- **Support early intervention:** EAPs help you address stress, anxiety, burnout, financial concerns, and personal challenges before they escalate.
- **Promote holistic wellbeing:** Many EAPs support not only mental health, but also emotional, financial, legal, and work-life wellbeing - recognizing the connection between daily stressors and mental health.

Mental Health Awareness Month is an ideal time to tap into your support resources like your EAP and to understand that caring for mental health is just as important as caring for physical health.



ONE STOP SHOP MENTAL HEALTH TOOLKIT

[The Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#) offers a comprehensive mental health toolkit for Mental Health Awareness Month. See below for more information about the toolkit's components and visit the link above for more details.

The Toolkit Includes:

- Key messages and themes for each week in May
- Social media content, graphics, and promotional materials
- Messaging that encourages acceptance and support of people living with a mental illness
- Best practices for supportive and beneficial discussions about mental health
- Additional resources for increasing awareness about mental health in May and beyond

Key Messages and Weekly Themes:

- **Week 1 (May 1-8):** Understanding Mental Illness
- **Week 2 (May 11-15):** Early Support Matters: Recognizing Signs in Children and Youth
- **Week 3 (May 18-22):** Words Matter and Words Can Heal
- **Week 4 (May 25-29):** Supporting Loved Ones: Connection Is a Powerful Form of Care

ADDITIONAL RESOURCES

- If you or someone you know is struggling or in crisis, help is available. Call or text [988](#) or chat [988lifeline.org](#).
- To learn how to get support for mental health, drug, and alcohol issues, visit [FindSupport.gov](#).
- To locate treatment facilities or providers, visit [FindTreatment.gov](#) or call SAMHSA's National Helpline at [800-662-HELP \(4357\)](#).
- [Mental Health and Substance Use Disorder Resources for NCHIP Members](#)

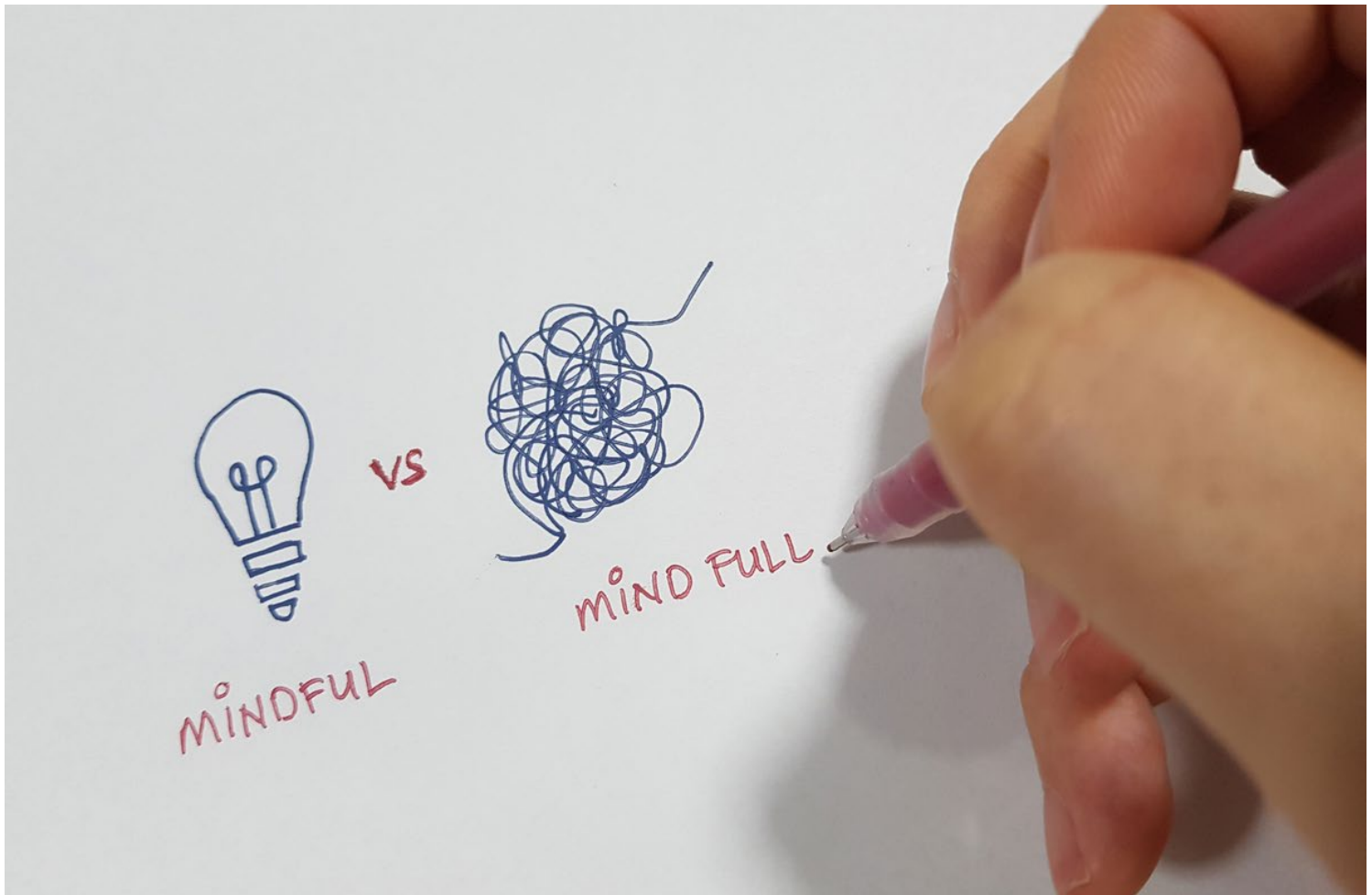
CREATING MINDFUL MOMENTS

Mindful moments can change the way you experience your life. Being mindful means being self-aware and in tune with your surroundings. Embracing mindful moments can make a significant difference in your daily life, leading to greater satisfaction and resilience. Integrating mindfulness into your daily routines can also enhance your mental and physical health.

By creating mindful moments each day, you can experience a range of health benefits, like the following:

- **Stress Reduction:** Regular mindfulness practices can lower stress levels by promoting relaxation and reducing cortisol, a stress hormone.
- **Improved Focus:** Short breaks for mindfulness can enhance concentration and productivity, helping you stay engaged with your tasks.
- **Enhanced Emotional Wellbeing:** Mindfulness can lead to a greater sense of emotional balance and resilience, improving your overall mood and outlook.
- **Better Sleep Quality:** Engaging in mindfulness activities before bedtime can improve sleep patterns and reduce insomnia.
- **Reduced Physical Tension:** By incorporating mindful practices, you can alleviate physical symptoms of stress, such as headaches and muscle tension.

To make mindfulness a part of your daily routine, set aside a few minutes each day for practices such as guided meditation or simple breathing exercises. Journaling can help you process your thoughts and feelings, while listening to soothing music can provide a much-needed mental break. Art therapy and doodling can help create a mind-body connection to the present moment. Listen more actively by reducing distractions when others are speaking to you. Giving your full attention will help strengthen your relationships by showing them you value their time. Mindfulness is not about achieving perfection; it is about creating moments of presence and awareness amidst your busy schedule.



Headway is available to help you get mental health care that fits your needs. Whether you know what you need or aren't sure where to start, Headway can help you find the right fit.

ABOUT HEADWAY

Personalized Matching Support

- Get matched with a provider who fits your needs using our questionnaire or a one-to-one conversation with our support team.

In-Person or Virtual Care

- Book an in-person or virtual appointment with our providers.

Affordable and Transparent Pricing

- All providers are in-network with Blue Cross and Blue Shield of North Carolina and you can see your price before you book.

Specialist Network

- Diverse network of therapists, psychologists, and psychiatrists committed to providing high quality care.

Easy-to-Use Platform

- Book and manage appointments and payment directly on the Headway website.

Immediate Availability

- On-demand matching with providers who have openings within 48 hours, including for children and adolescents covered as dependents.

HOW IT WORKS

Scan the QR code below or go to <http://headway.co/BlueCrossNC>



Tell them what you are looking for:

- Choose your concerns and/or preferences for therapy to find the best match for you. They will calculate the exact cost before your session.

Start therapy:

- Choose a therapist from your matches and book your first appointment right on Headway.



POSITIVE ENERGY SMOOTHIE BOWL

INGREDIENTS:

- 1 frozen banana
- 1/2 cup mixed berries
- 1/4 cup spinach
- 1/4 cup Greek yogurt
- 1 tablespoon chia seeds
- 1/2 cup almond milk
- Toppings: sliced almonds, granola, shredded coconut

INSTRUCTIONS:

- Blend the frozen banana, mixed berries, spinach, Greek yogurt, chia seeds, and almond milk until smooth.
- Pour the smoothie into a bowl and top with sliced almonds, granola, and shredded coconut.

Nutrition Facts:

Calories 300
Total fat 10g
Total carbohydrate 40g
Protein 12g
Fiber 8g



Benefit	Vendor	Website/Email/Contact
Medical	BlueCross BlueShield of NC	https://www.bluecrossnc.com/
Blue Connect	BlueCross BlueShield of NC	Blue Connect
My Pregnancy Program	BlueCross BlueShield of NC	Download the My Pregnancy through Blue Cross NC app to get started
NCHIP Concierge	BlueCross BlueShield of NC	1-800-795-9402
Mental Health/Substance Abuse	BlueCross BlueShield of NC	Find a therapist Headway
Nurse Support Program Condition Care	BlueCross BlueShield of NC	Download the Wellframe app to get started



HAVE SOMETHING YOU
WANT TO SHARE?
LET US KNOW!

