

MONTHLY WELL-BEING NEWSLETTER: YOU'RE NOT ALONE

This month, we want to remind you of the resources available whenever you or someone you care about needs help.



Everyone faces difficult moments. Sometimes stress and emotional pain can feel like too much to handle alone. But support and connection make a real difference, and reaching out early can save lives.

Join us for our Webinar:

Suicide Prevention Awareness and Education Session

Adam Brown is Professor of Psychology at The New School for Social Research. He has extensive experience developing programs to promote mental health awareness, providing training, technical guidance, and support in the creation, implementation, and evaluation of scalable, evidence-based strategies that can be delivered in a wide range of contexts by non-specialists.

Head of the *New School Center for Global Mental Health* and the *Global Mental Health graduate minor*, Dr. Brown focuses his research on the adaptation of mental health and psychosocial interventions that can be delivered globally by non-mental health professionals, and works closely with cross-sector partners to carry out this work. Additionally, he has extensive experience in the study of traumatic stress and the identification of factors that contribute to mental health risks and resilience.

WHEN

September 30, 11:00 AM CT

WHERE

Online. [Register here.](#)

Taking Care of Your Mental Health

Notice When You Need Support

It’s okay to not be okay. If you’re feeling persistently sad or disconnected, those are signs you might benefit from extra support. Things become more manageable when you reach out early.

Share What You’re Going Through

Talking to someone can lift some of the weight. That might be a friend or family member, a coworker, or a trained professional. You don’t have to carry it alone.



Check Your Workplace Benefits

Many people don’t realize how much is already available through their benefits. Your HR team or benefits guide can show you what you have access to. This often includes confidential EAP counseling at no cost, mental health visits covered by your health plan, and support apps like BetterHelp or TalkSpace.

Give Yourself Permission to Rest

When stress piles up, stepping away matters. Get some fresh air. Take a real break during your workday. Use your PTO when you need it. Creating space helps you recover emotionally and mentally.



In Crisis? Help is Available Right Now

If you or someone you know is in immediate distress or considering self-harm, support is available 24/7:

- + **988 Suicide & Crisis Lifeline** (call, text, or chat)
- + **Crisis Text Line:** Text **741741**

These services are free, confidential, and staffed with trained counselors.