

MAY



Mental Health Awareness Month



Mental health is an essential part of our overall well-being. It affects how we think, feel, and act, shaping our daily experiences and how we cope with life's stressors. Just as we prioritize our physical health, caring for our mental health is equally important.

You Are NOT ALONE

Millions of people are affected by mental illness each year. Mental Health Awareness Month is an opportunity to raise awareness, reduce stigma, and encourage open conversations about mental wellness—because no one should face life's challenges alone.

In 2024, 23.4% of U.S. adults experienced mental illness (61.5 million people). This represents more than 1 in 5 adults.

Support Is Available

At Remington & Vernick, your mental health matters. Below are a few resources available that provide **confidential** mental health support for you and your family.

Aetna Resources For Living:

Employee Assistance Program (EAP)

All Remington & Vernick employees and their dependents, regardless of medical enrollment status, have access to Aetna Resources For Living. Each individual has access to **six (6) free counseling sessions** per calendar year, per topic. Whether you prefer in-person, virtual, or phone sessions, support is available 24/7 for a wide range of emotional needs.

You can access services by phone at **888.238.6232** or online at **www.resourcesforliving.com**.

- Username: **RVE**
- Access Code: **EAP**

24 Hour Nurse Line - Aetna

Nurses are available every day, around the clock, to support you whenever you need it. You can speak with a nurse for a wide variety of reasons, such as inquiring about going to the ER or urgent care for a symptom you are experiencing. Call **1.800.556.1555**, or log in at **www.aetna.com**.

Public Mental Health Resources

- **Depression and Bipolar Support Alliance:** **312.642.0049**
- **International Foundation for Research and Education on Depression (iFred):** **734.355.6716**
- **National Institute of Mental Health:** **866.615.6464**
- **Mental Health America (MHA):** Call or text **988**, or chat at **988lifeline.org**.
- **Substance Abuse and Mental Health Services Administration (SAMHSA):** **800.622.4357**

Check In with Yourself

Ask yourself how you are feeling emotionally and physically. A simple pause to reflect can help you catch stress early, clear your mind, and prioritize what you need in the moment, whether it's rest, connection, or movement.

Sources:

- www.nami.org/mental-health-by-the-numbers/

Please note: This information is for educational purposes only and is not intended to replace professional medical advice, diagnosis, or treatment. Always consult your healthcare provider for medical concerns. Please refer to your plan documents for specific benefit details and limitations.

