

MENTAL & EMOTIONAL WELL-BEING RESOURCE GUIDE



MENTAL HEALTH
PLAYS A CRITICAL
ROLE IN OUR
OVERALL WELL-BEING
AFFECTING OUR
THOUGHTS,
BEHAVIORS, AND
EMOTIONS.

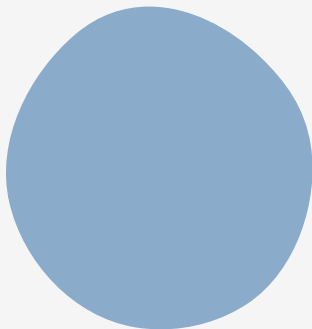
THE INTENT OF THIS
RESOURCE GUIDE IS
TO OFFER PRACTICAL
RESOURCES THAT
SUPPORT MENTAL
HEALTH AND
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WELL-BEING.

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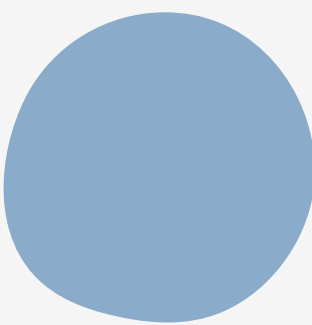
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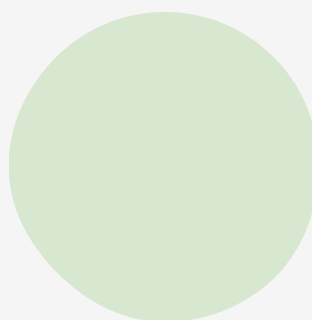
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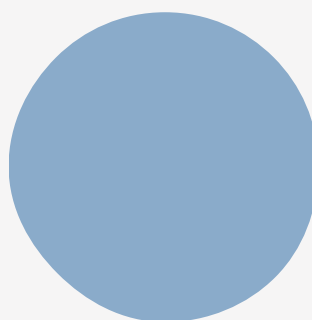
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**TEST YOUR
STRESS LEVELS**



Before moving through the packet feel free to take the stress test by scanning the QR code above. From there you can use this resource guide to navigate and find tools, resources, & education that best fit your needs!

MENTAL HEALTH APPS

We deal with stress and anxiety daily for a multitude of reasons. Check out the apps below to help with a variety of things such as relaxation to help bring clarity, joy, and peace to your daily life!



HAPPIFY: FOR STRESS & WORRY

Try various engaging games, activity suggestions, gratitude prompts and more to train your brain as if it were a muscle, to overcome negative thoughts.



HEADSPACE: MINDFUL MEDITATION

Learn the skills of mindfulness and meditation by using this app for just a few minutes per day.



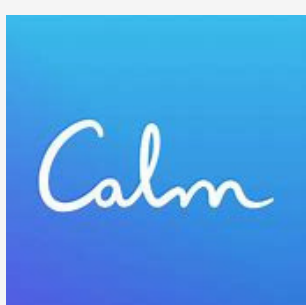
AURA: MEDITATION & SLEEP

Aura is a meditation app that helps you relieve stress in three minutes. Created with the help of health experts and meditation tutors, Aura uses artificial intelligence to provide a personalized experience.



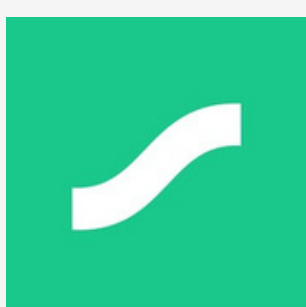
TEN PERCENT HAPPIER

Ten Percent Happier has a library of 500+ guided meditations on topics ranging from anxiety and stress to parenting and sleep, as well as videos, bite-sized stories, and inspiration you can listen to on the go.



CALM

Calm provides people experiencing stress and anxiety with guided meditations, sleep stories, breathing programs, and relaxing music.



SANVELLO

Sanvello teaches mindfulness skills and provides mood and health tracking tools that can be used to improve mental and physical health.



PLEASE NOTE, ALL APPS ARE FREE TO DOWNLOAD BUT BUY-UP OPTIONS ARE AVAILABLE AT A COST.

FIND THESE APPS ON BOTH THE APPLE APP STORE & ANDROID GOOGLE PLAY STORE

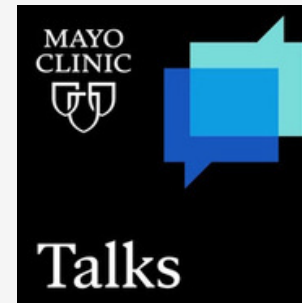
MENTAL HEALTH PODCASTS

May the pods be ever in your favor! These podcasts are a great way to educate yourself on various topics related to mental health and happiness. Keep up to date on the newest research and discover tips and techniques to deal with stress and anxiety. Below are a few suggestions:



HIDDEN BRAIN

Listen to discover patterns that influence behaviors, instincts that guide our choices, and elements that affect our relationships.



MAYO CLINIC TALKS

Hear from the experts at Mayo Clinic about general medical education. Be sure to check out the COVID-19 Miniseries.



THE PSYCHOLOGY PODCAST

Each episode features a guest speaker who will stimulate your mind, and give you an understanding of yourself, others, and the world we live in.



HAPPINESS LAB

Hosted by Yale Professor, Dr. Laurie Santos, listen to inspiring stories that will alter the way you think about happiness.



SAVVY PSYCHOLOGIST

A trained psychologist explains the "why" behind emotions like joy, fear, anger, anxiety and more!



INSIDE MENTAL HEALTH

Experts break down complex mental health topics in a simple and understandable way.



PSYCHIATRY AND PSYCHOTHERAPY PODCAST

Attention mental health enthusiasts: discover the best therapy practices, the newest research, and how the brain works.



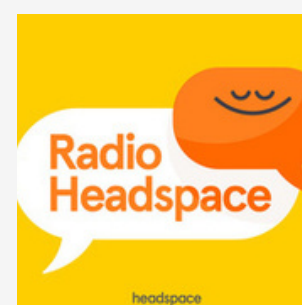
EMOTIONS MENTOR PODCAST

Mental health specialist, Rebecca Hintze, talks about how we can manage our emotions, improve mental health, and become more successful.



HAPPIER WITH GRETCHEN RUBIN

Author of The Happiness Project book brings practical, manageable advice about happiness and good habits.



RADIO HEADSPACE

Quick 5-minute podcast to take a few moments to step out of the internal chatter.



TEN PERCENT HAPPIER

Author of 10% Happier that helps you explore happiness from all angles.



SLEEP WITH ME

If you need help falling asleep tune into this podcast for bedtime stories that progressively get more boring until you fall asleep.



FIND THESE PODCASTS AT: Apple Podcast, Spotify, and the Podcast App

MENTAL HEALTH WEBINARS



UNFOLD YOGA *unfold* YOGA + WELLNESS

Unfold Yoga is offering FREE weekly yoga sessions. Live classes are held every Monday at 1:30pm CST. Classes are designed to support busy professionals and address common workplace discomforts, such as low back pain, stress, and fatigue.

Click [HERE](#) to register for a free 10 minute class.



HEADSPACE headspace

HeadSpace is a mental health platform dedicated to reinventing and providing mental healthcare and immediate, personal support for anyone.

Check out their video channel [HERE](#). Videos vary from mental health video sessions to Coaches providing insight for meditation. Below are a few highlighted videos on these topics:

- Meditation: Positive Affirmations
- Meditation: Grounding with Nature and Positive Nature
- Meditation: Nature Immersion
- Meditation: Stress and Anxiety Relief

HeadSpace also has an array of articles & resources related to mental health that can be found [HERE](#).



UNIVERSITY OF MINNESOTA



EARL E. BAKKEN CENTER FOR SPIRITUALITY AND HEALING

University of Minnesota is offering free monthly webinars on a variety of topics designed to help you take charge of your health and wellbeing. They are free but, you must register for the webinar.

Click [HERE](#) to find upcoming and past webinars.



YALE SCIENCE OF WELL-BEING COURSE



Enroll in the Science of Well-Being Course offered by Yale to increase your own happiness and build more productive habits. Professor Laurie Santos teaches participants about happiness, different features of the mind, and how to successfully incorporate a specific wellness activity into your life.

The course is FREE and can be found [HERE](#).

MENTAL HEALTH EDUCATION



NAMI

NATIONAL ALLIANCE ON MENTAL ILLNESS



NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Discover educational resources around mental illness, find support & more through NAMI's website [HERE](#).

The NAMI HelpLine can be reached Monday through Friday, 10 am–6 pm, ET. 1-800-950-NAMI (6264) or info@nami.org



MENTALHEALTH.GOV

MentalHealth.gov
Let's talk about it.

[MentalHealth.gov](#) provides a hub of resources on mental health and mental health problems. You can find information on:

- The basics of mental health
- How to recognize and help yourself and others with mental health disorders that affect thinking, mood & behavior
- How to communicate if you are suffering from mental health problems
- Crisis hotlines, such as:
 - SAMHSA Treatment Referral Helpline, **1-877-SAMHSA7** (1-877-726-4727)
 - Veterans Crisis Line, **1-800-273-8255**
 - National Suicide Prevention Lifeline, **1-800-273-TALK (8255)** or Live Online Chat



NIMH

NATIONAL INSTITUTE OF MENTAL HEALTH



The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders. NIMH offers authoritative information about mental disorders, a range of related topics, and the latest mental health research [HERE](#).



MENTAL HEALTH AMERICA



Mental Health America (MHA) is dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all Americans. They promote mental health as a critical part of overall wellness, including prevention, early identification and intervention, services, support & more!

- They offer a wide variety of mental health tests that can be beneficial for early detection or to learn more, check them out [HERE](#).

BEHAVIORAL HEALTH CHEAT SHEET

BEHAVIORAL HEALTH SPECIALIST	WHAT DO THEY DO?	WHEN DO YOU NEED THEM?
Licensed Clinical or Social Worker (LCSW) or Licensed Clinical Professional Counselors (LCPC)	Licensed Clinical Social Workers (LCSW) and Licensed Clinical Professional Counselors (LCPC) generally follow a traditional psychological approach towards counseling, and primarily concentrates on providing individual treatment.	Clinical therapy for an array of mental health conditions. Family counseling, marriage counseling, treatment plans, evidence-based interventions, & identify risk factors.
Certified Alcohol and Drug Counselor (CADC)	Certified Alcohol and Drug Counselor (CADC) are trained to evaluate, counsel, and support people dealing with substance use disorders	If someone is struggling with alcohol or drug use. They can provide counseling, relapse prevention strategies, coping skills support.
Psychologist (Masters or PhD)	A licensed (non-MD) mental healthcare clinician with either a Masters or Doctorate (PhD).	Typically they treat adults. Child Psychologists typically treat patients under the age of 18.
Child Psychologist (PhD)	Child psychologists typically conduct educational and IQ (Intelligence Quotient) testing in children. They also diagnose and recommend treatments for children struggling with learning disabilities and behavioral adjustment problems.	For children under the age of 18 with learning disorders or disorders on the autism spectrum. Also treats children with eating disorders, personality adjustment disorders and other child behavioral health disorders.
Pediatric Psychiatrist (MD)	Diagnoses disorders, including nature and extent, determines the appropriate course of treatment, and discusses these treatment plans with the child or adolescent and the responsible adults. Prescribes medication when necessary. May need to act as an advocate for the best interests of the patient.	If the child or adolescent needs to be hospitalized in a treatment facility, medicated and or monitored through medication (whether it is in an inpatient or outpatient setting).
Psychiatrist (MD or DO)	Psychiatry is the branch of medicine focused on the diagnosis, treatment and prevention of mental, emotional and behavioral disorders. A psychiatrist is a medical doctor (an M.D. or D.O.) who specializes in mental health, including substance use disorders.	If the adult patient requires medication, highly likely the patient will need to see a psychiatrist during the initial period of taking a medication to level off any side effects or enhance the efficacy of the medication.

USA NATIONAL SUICIDE & CRISIS HOTLINE

988

IT'S OKAY TO ASK FOR HELP



THE EMPLOYEE ASSISTANCE PROGRAM (EAP) IS HERE FOR YOU.

Life's not always easy and the stigma around mental health often makes people feel like they can't reach out for help. But you can and you should. Our Employee Assistance Program (EAP) is here for you, and we want you to use it when you need it. Sometimes a personal or professional issue can affect your work, health, and general well-being, but our EAP makes it easy for you to get the help you need. The program offers caring and professional assistance for a broad range of concerns including in-person or virtual counseling, addiction assessments and treatment, financial counseling, legal counseling and more.

Do not hesitate to reach out for help when you need it. Use the following information to access our EAP:

- EAP NAME: **Mutual of Omaha**
- EAP PHONE NUMBER: **(800) 316.2796**
- EAP WEBSITE: **mutualofomaha.com/eap**



Remember: EAP services are **FREE, CONFIDENTIAL, and available 24 hours a day, 7 days a week to those enrolled in Hamra's medical coverage.**