

# BENEFITS NEWS

May 2024



**Mental health is your general sense of emotional, psychological, and cognitive wellbeing. Everyone has mental health, but it's often ignored unless something is going seriously wrong.**

## THE FACTS...

**Mental health is today's most prevalent public health crisis. ~50 M Americans experienced a mental health condition last year. (Mental Health America)**

**1 in 4 people will experience a mental health condition at some point in their lives. (World Health Organization)**

**2 in 3 people with a known mental health condition never seek professional treatment. (World Health Organization)**

**Whether it's you or a loved one, 4 in 4 people are significantly and profoundly impacted directly or indirectly by mental health.**

**There are several mental wellbeing resources available to you and your family, from support during a mental health crisis to helpful strategies for maintaining good mental health.**

**Powell Mental Wellbeing Page** - available to all employees and family members

**Employee Assistance Program** - available to all employees and family members

**Behavioral Health (BCBSTX)** - available to enrolled employees and family members

**Learn to Live (BCBSTX)** - available to enrolled employees and family members

**Mental Health Coalition's Resource Library** - made available by leading mental health organizations

**Text BENEFITS to 833-234-9576 to receive text messages regarding important Benefits information.**

Questions on Benefits? Check out Powell's Benefit Web Portal, [EMPOWERED](#) or call the Powell Benefits Center at 1-855- 855-7610.