



Mental Health and Me

May is Mental Health Awareness Month, an opportunity to take time to reflect, understand and explore how to care for your own mental and emotional well-being. It is important to prioritize your own health before you focus on supporting and helping others.

Join us for this webinar to explore strategies to manage your mental/emotional health as well as utilize available resources to help. We will also take a look at early warning signs to seek help and techniques to maintain positive mental health and wellness.

Please join us for
a special webinar



Topics to be covered:

- Understanding when to reach out
- Finding resources and support
- The value of being proactive versus reactive

May 18, 2023

[10:15 am \(ET\)](#)

[4:15 pm \(ET\)](#)

[Click to choose your session](#)

PRESENTER:

Karen Rech, MSW

EAP Program Manager
Senior Trainer
Health Advocate

REPLAY:

[The Good, the Bad and the Cumulative – Is All Stress Equal?](#)



Recorded April 20, 2023



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