

NEELY EAP

MAY 2021

NEWS LETTER

GET THE MOST FROM YOUR
EMPLOYEE ASSISTANCE PROGRAM



WELCOME

We are so pleased to be your employee assistance provider. Employee Assistance Programs (EAPs) are a first-line response to providing prevention and short-term problem resolution services. We provide short-term counseling services, seminars, legal services, and financial advice, all FREE of charge to you. Each month our newsletter will be packed full of wellness information and updates about upcoming seminars and webinars.

May's SEMINAR

Please join us for our live seminar: **Seven (7) Tools for Reducing Anxiety**

[Register Below](#)

May 13th@ 3pm

[Click Here: Registration](#)

UPCOMING QUARTERLY WEBINAR

Breaking the "Am I Good Enough" BackStory

Available June 3rd

Why are Men Reluctant to Seek Therapy?

By LaRae Sleeter

According to the National Institute for Mental Health, 1 in 5 Americans will experience mental health issues that meet the criteria for a diagnosis in a given year. During this pandemic, there has been an increase in substance misuse, depression, and suicidal thoughts. Mental health counseling has become widely available over the phone and through the computer since the pandemic began. However, men remain reluctant to seek mental health support. Why is this, and how can we change it?

The Why: As a society, traditionally, we have expected men to be tough, independent, and emotionless. Men are taught not to seek help but to solve their problems independently or ignore it until the pain goes away. Studies show that men are finding they do not know how to deal with their mental health or how even to explain their own emotions. Combined with the stigma surrounding mental health, men typically only seek help for what they consider typical problems, like marriage or threats to employment. Instead of seeking help, men will hide emotional issues until it becomes too big to keep hidden and impacts relationships or employment or both.

Warning signs: You need Therapy

- increased anger or irritability
- changes in sleep
- difficulty concentrating
- changes in mood and energy
- increased stress
- misuse of alcohol and drugs
- physical health problems
- feelings of hopelessness
- obsessive thoughts and behaviors
- thoughts that interfere with relationships or employment
- increase in risky behaviors that can result in physical harm, jail, or job loss
- suicidal thoughts or self-harm thoughts



The Solution: Because the problem is mainly based on traditional gender expectations, our society needs to change these expectations. We need to make mental health check-ups as routine as physical health check-ups. We also need to emphasize that therapy is about self-help and skill-building. Therapy gives us the skills to take care of our emotions and to live our best possible life.

If someone you care about is struggling but reluctant:

- Listen and be supportive.
- Respond in a caring way. Let them know you are worried about them and think they may benefit from therapy.
- Check-in with them casually to monitor their emotions and behaviors.
- Seek help for yourself if you are not sure how to help them. Call a helpline and ask for advice to best assist your loved one or friend.
- Call 911 immediately in instances of self-harm, extreme behaviors, or suicidal thoughts.



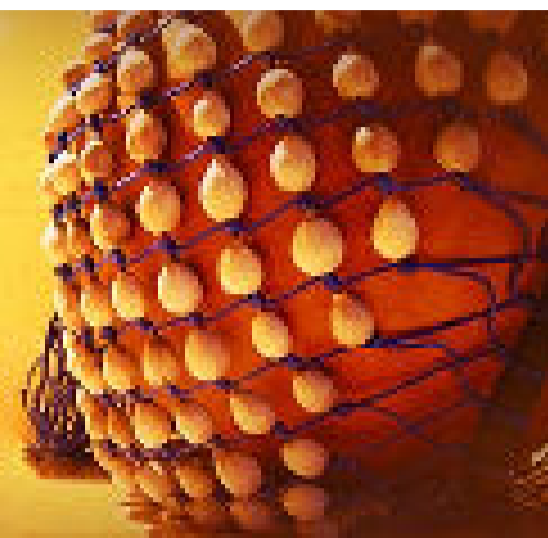
Resources:

- National Suicide Prevention Lifeline: 1-800-273-8255
- Veterans Crisis Line: 1-800-273-8255, press "1"
- Crisis Text Line: Text "HELLO" to 741741
- National Crisis Hotline: 1-800-316-9241
- Neely EAP 1-866-828-2077

Sources:

<https://www.psychiatryadvisor.com/home/practice-management/how-can-men-be-encouraged-to-seek-help-for-mental-health/>
<https://www.psychologytoday.com/us/blog/two-takes-depression/202002/encouraging-someone-seek-help>
<https://www.nimh.nih.gov/health/topics/men-and-mental-health/index.shtml>

Mental Health Awareness Fighting the Stigma



Brittney Lopez

Did you know May is Mental Health Awareness month? Mental Health Awareness month was established in 1949. Mental health can seem like a taboo topic; even more than 70 years after Mental Health Awareness month became an institution, there is still a considerable stigma of what it means to have mental health struggles. Let's talk about this stigma.

Stigma can come from many different directions, both outward and inward; there is public stigma and self-stigma. Public stigma involves the harmful or discriminatory view of mental illness. Self-stigma refers to the internal shame of suffering from mental illness or having mental health struggles. Stigma often grows from a lack of understanding or fear of the unknown. This has long been perpetuated by the hush-hush nature of discussing mental health struggles in conversation.

There is a common notion that mental health issues are a result of weakness and poor choices. This is not true! Just like medical health issues, a combination of things can bring about mental health issues. The CDC and the National Institute of Mental Health find 1 in 5 people from children to adults struggle with mental health issues and meet the criteria for a diagnosis. 1 in 5 Americans is more than 66 million people who are suffering. Mental Health struggles do not discriminate between class, race, or gender. However, the stigma associated with disclosing and seeking treatment can often keep some individuals from seeking treatment. Mental health struggles are not something to be ashamed of. While 1 in 5 people will experience mental illness throughout their lifetime, no one is immune to life challenges that will impact their mental health.

Talk Openly About Mental Health: Whether discussing mental illness or even just talking about having a hard day, it all works to help normalize that it is okay to not always be okay. Asking for help does not make you weak, and a potential diagnosis does not define you. Mental health struggles are manageable, and support is out there.

Encourage Equality Between Physical and Mental Illness: Like physical illness, mental illness is a disease, just like cancer or diabetes. Perpetuating this conceptualization of mental illness often creates greater compassion and understanding for those struggling. Everyone deserves a little couch-time.

Show Compassion: Compassion may be the single most powerful tool in the fight to break the mental health stigma. Offering compassion reduces the shame that can often be associated with mental illness or mental health struggles. This allows those struggling to feel empowered in seeking help instead of shame.

In recent years, music has come to imitate life, reflecting the prevalence and depth of mental health issues. Many musicians like J. Cole, Logic, Billie Eilish, Halsey, and many more, have shared their mental health struggles to normalize discussing mental health. Though music and even film are starting to break the stigma, there is still a long way to go, and we can all do our part. The National Alliance on Mental Health has identified ways to fight mental health stigma in your everyday life.



If you are struggling or feel like life is taking a toll on your mental health, you are not alone, and you do not have to suffer in silence - Neely EAP is here to help.

Sources:

<https://www.nami.org/blogs/nami-blog/october-2017/9-ways-to-fight-mental-health-stigma>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1489832/>

<https://www.psychiatry.org/patients-families/stigma-and-discrimination>

<https://www.cdc.gov/childrensmentalhealth/data.html>

<https://www.cdc.gov/mentalhealth/learn/index.htm>

<https://www.psychologytoday.com/us/blog/the-race-good-health/201807/music-breaking-or-bringing-stigma-towards-therapy>



WHAT CAN MY EAP DO FOR ME?



At Neely EAP, we understand the challenge of balancing work and life stresses while staying mentally healthy. That's why we've partnered with your employer to offer you the following services, free of charge:

- 24/7 Hotline, Access to Confidential Services
- Short-Term Counseling - **Couch Time Check-In** (preventive annual counseling session)
- Legal and Financial Assistance
- Wellness Trainings
- Secure the Wheel (taxi fare reimbursement)
- Critical Incident Stress Debriefing
- And more. Call 1-866-828-2077 or log in online at www.neelycounseling.com, **select My Account**