



May is Mental Health Awareness Month and Wespath strives to shine a light on mental and behavioral health and—most importantly—remove the stigma surrounding mental health issues. What follows are a series of resources we hope you find helpful.

Finding the right mental health resource doesn't have to be tricky. Let our interactive guide help.

The decision to seek assistance with your mental health can be a tough one. That's why we want to make it easy to find help that meets your needs and preferences.

To help you navigate the many mental health resources available, [we created an interactive guide](#). With HealthFlex you can receive mental health support via text, over the phone, on video calls or in-person. Several self-support tools also are available. Based on your answers to a few simple questions, this guide will direct you to the resource or resources that match your preferences.

Share your personal story about mental health

In the coming months we hope to feature participant stories about mental and emotional health. We invite you to share your story to inspire and encourage others facing similar mental health challenges. When you submit your story, you can indicate that you want your identity kept anonymous. By sharing your story, it continues the conversation, creates awareness and removes the stigma about mental health. [Click here if you would like to share your story.](#)

Improve your emotional well-being while earning monetary incentives

Working to improve your emotional well-being can be very rewarding, but if you are looking for a little extra motivation you are in luck.

When you utilize Virgin Pulse® and engage with your HealthFlex well-being programs to improve your emotional well-being you can accrue Pulse Cash. You can earn up to \$160 Pulse Cash in 2022 as a reward for reaching Virgin Pulse Points milestones.* You will receive an additional \$150 Pulse Cash when you accumulate 150 Wellness Credits this year.

[Check out this resource guide](#) to learn which programs and tools can both aid your emotional well-being and help you earn Pulse Cash. The resource guide also explains how to earn Pulse Cash if you are focusing on physical activity, improving sleep, improving diet or living with chronic conditions.

Pulse Cash can be deposited into your bank account, converted to gift cards to major retailers, used to buy fitness gear or [donated to charities including the United Methodist Committee on Relief \(UMCOR\)](#).

Emotional well-being resource rundown

The [Emotional Well-Being page on the Wespath website](#) includes links to several helpful resources. The following links are pertinent during Mental Health Awareness Month:

- [Top 5 myths about mental health issues](#)
- [What's the difference between a psychologist, counselor and clinical social worker? We'll explain.](#)
- [Programs in Virgin Pulse that can help your mental health](#)
- Should I use my behavioral health benefits or the Employee Assistance Program?
 - [For participants with Blue Cross and Blue Shield of Illinois](#)
 - [For participants with UnitedHealthcare](#)

First Aid for Mental Health virtual training available on demand

The First Aid for Mental Health program teaches how to identify and understand mental health challenges with empathy, and without judgment. It also teaches you how to accept and understand your own mental health needs, without embarrassment or shame.

If you missed the First Aid for Mental Health virtual events in March, need a refresher on the content or want to share the training sessions, you can find them here:

- [Session 1: The Basics](#)
- [Session 2: A Deeper Dive](#)

Join Talkspace for a chat about self-acceptance

Talkspace is hosting a discussion about self-acceptance on **May 26 at 2:00 p.m., Central time**, on its [Instagram account](#) in recognition of Mental Health Awareness Month.

The discussion will be led by a licensed clinical social worker who will share tips and answer questions. You can submit questions in advance through Talkspace's Instagram story, which can be found by clicking on Talkspace's profile picture in the upper-left corner of [its profile](#). You will also click on the profile picture to watch the live discussion.

With Talkspace you can send text messages to a licensed therapist 24/7. You also can schedule live video calls with a therapist. You can access Talkspace at no cost for up to eight weeks through the Employee Assistance Program. To learn more about Talkspace and how to get started, visit the [Wespath website](#).

**Wellness Programs are voluntary. The IRS considers cash wellness incentives as taxable income. Contact your tax adviser for more information.*

a general agency of The United Methodist Church



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Our address is 1901 Chestnut Avenue, Glenview, IL 60025

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