

# One Source EAP Connections

May is Mental Health Awareness Month

May 2021

Each May since 1949, Mental Health Awareness Month has been recognized in the US to increase understanding of mental illnesses. This year's theme is **Tools 2 Thrive**.

**Tools 2 Thrive** focuses on six topics: • Adapting After Trauma and Stress • Processing Big Changes • Getting Out of Thinking Traps • Radical Acceptance • Taking Time for Yourself • Dealing with Anger and Frustration.

The pandemic has brought on emotional trauma associated with illness, loss, isolation and more. A December 2020 US Census Bureau survey indicated, 41% of respondents reported symptoms of anxiety or depression - almost four times more than 2019.

There are many **Tools 2 Thrive** available through One Source EAP to support your well-being. From seminars and original videos to sessions with licensed clinicians,

Should you need support at any time, One Source EAP can help. To use your benefit, **call (800) 300-0628**. The Access Center is **open 24/7/365**.

Visit our [website](#) for information and additional resources.

1. Nature.com article "COVID's mental-health toll: how scientists are tracking a surge in depression" Feb 3, 2021



## Seven Tips For Healing After Trauma

Mental Health America (MHA), dedicated to education and outreach regarding Mental Health, provides seven tools for healing during and after trauma.

1. **Process Your Thoughts** - use the handy worksheet [here](#).
2. **Connect With People**
3. **Don't Compare Your Experience to Others**
4. **Take Care of Your Body**
5. **Know it Will Take Time**
6. **Give Yourself Grace**
7. **Don't Be Afraid to Ask for Help** - One Source EAP is here for you.

Check out [the MHA fact sheet](#) for details on each of these tips.

## One Source EAP Provides Tools 2 Thrive

Team [seminars](#) such as **Coping with the Changes of COVID-19**, **Navigating Chaos** and **Anger Management** can help your team work through these issues together. Your HR partner can help you [Request a seminar](#). The [Calm Collection video series](#) includes topics such as self-care, accepting yourself and dealing with anger and frustration. You can access all these resources and more on the [One Source EAP website](#).

**One Source**  
Employee Assistance  
Program

**RWJBarnabas**  
HEALTH

To use your EAP benefit, contact **800.300.0628, 24/7/365**. Contact with the EAP is **completely confidential!**