

STOMP OUT THE STIGMA

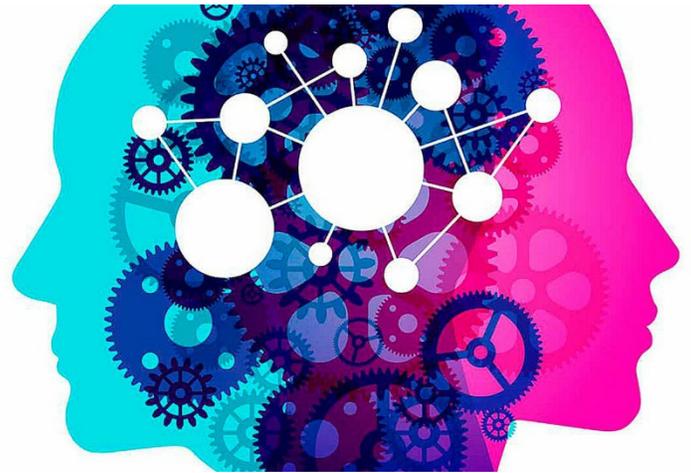
MENTAL HEALTH AWARENESS MONTH



Monday, May 16: Substance Abuse

Did you know that according to MentalHealth.gov more than 1 in 4 adults living with a serious mental illness also have a co-existing substance use problem? Did you also know that a substance use disorder is more common when someone is experiencing depression, anxiety disorders, schizophrenia or personality disorders?

Substance Use Disorder (SUD) is a mental disorder that can affect a person's brain and behavior and limits a person's ability to control their use of things such as illegal drugs, alcohol, or medications. Many times, people will use these substances to help cope with overwhelming symptoms or feelings, but self-medicating is not the answer.



The National Alliance on Mental Illness suggests treating the mental illness and substance disorder at the same time as these both will affect your overall wellbeing. The first step is to talk with someone – whether that be a loved one or friend – that you are struggling with these issues. There are also anonymous resources to start this conversation, such as MTEch's Employee Assistance Program through Mines and Associates.

There are multiple ways that you can help work through these issues, some examples are:

- Behavioral Therapies
- Medications
- Detox programs
- Support Groups

It is important to know that everyone has struggles and it is brave to ask for help. Resources are available if you need them. Please see the information below or reach out to your HR team to help you get connect with our EAP provider to start the conversation.

Upcoming Mental Health Month Events

Maple Syrup for Mental Health

We are excited to be traveling around to many MTech jobsites and offices throughout the month for a special pancake breakfast and a chance to fill out MTech's Mental Health Color Board. We look forward to chatting with you soon!

Wednesday, May 25 at 2 PM - Cigna Emotional Well-Being Webinar

More Events Will Be Added! Check your email for details!!

MTech Mental Health Awareness Color Board

During the month of May, we will have a physical color board in the Westminster office main breakroom. This board will also travel to jobsites and our other offices with "Maple Syrup for Mental Health" throughout the month. There is also a virtual option for you to share your colors anonymously at the QR Code!



When you're struggling with a mental health situation, it can feel like no one understands you or what you're going through. Each color on our board represents a specific connection to the cause, and helps all of us at MTech see we're not alone.

What's Your Color?

#StompOutTheStigma #LifeAtMTech

Losing someone to suicide or struggling with a mental illness can feel like no one understands what you're going through. Each color shows our personal connection to the cause & helps us see we're not alone. Place your sticker inside the logo!

I or someone I care about:

Wants to support my MTech peers when it comes to mental health	Has used MTech's EAP to help with a mental health situation	Has been so energetic / sought out professional help for mental health	Has struggled with depression, anxiety, or another mental health condition	Has supported me / the mental health with medication	Has considered, attempted or died by suicide	Has struggled with substance abuse

MTech offers many resources for your mental health support. Visit www.mtechg.com/mentalhealth to learn more!