

# STOMP OUT THE STIGMA

## MENTAL HEALTH AWARENESS MONTH



## Monday, May 9: Taking Care of Others

Last week, we talked about how to take care of our own mental health, including symptoms of mental health issues and self-care practices. This week we will focus on taking care of each other. Chances are that we all know someone who is dealing with a mental health issue – whether that be something small or more serious. While we can't fix this issue for them, there are some steps we can take to help.



One of the first steps is to stay in tune with loved ones, friends, and coworkers. If you aren't familiar with how someone normally acts, you might not be able to spot changes in their behavior. It is also important to have open communication and create a safe atmosphere for others. If someone feels comfortable with you, they are more likely to be open and honest about struggles they might be going through with their mental health.

Signs of a mental health issues can include eating or sleeping too much or too little, pulling away from others, low energy, emotionally numb, excessive alcohol or substance use, severe mood swings, giving away important personal items, self-harm, etc.

If you see some of these signs, it's hard know how to start the conversation. Try using questions to gather more information, such as:

- I've been worried about you. I have noticed *insert change in behavior*. Can we talk about what is going on with you?
- It seems like you are going through a difficult time. Is there something you want to talk about?
- Can I talk to you about something? You haven't seemed like yourself lately and I want to make sure you are ok. How are things going with you?

Talking about mental health or bringing up a mental health concern for someone else can be scary but remember, sometimes all some people need is to have the help offered and it is easier for them to accept that help. Also, you are not expected to solve someone else's issues, but you can be a listening ear and share with them resources that they can work with to find the help they need.

# 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!

**Tuesday, May 10 at 11 AM - Enhancing Emotional Resilience Training** Westminster Flatirons Conference Room

**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 my / 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](http://www.mtechg.com/mentalhealth) to learn more!**