

# ▶ May Mental Health Awareness Month Resources 2025

## ✓ Tips & Tools From Your MAP

To help raise awareness for Mental Health issues that you or your family may experience at work or at home, ESI MAP has compiled a variety of resources, including tools, trainings, assessments and more to address common mental health challenges. During the month of May, we will also hold a series of live webinars that you can attend – or if you can't attend live, recordings will be made available.

Unless otherwise noted, please visit [www.UnionAP.com](http://www.UnionAP.com) and log in to your Self-Help Resource Center to access these tools.

[\(Click for more info on logging in\)](#)



## ✓ Webinars and Trainings

Click on the titles below to access the resources.

- **[Minimizing Worry to Maximize Your Life](#)**

Are you a worrywart? Nineteen million Americans are chronic worriers and 38 percent report worrying every day. In this webinar, we will assist you in analyzing the root cause of worry, and strategies to break the cycle of worry.

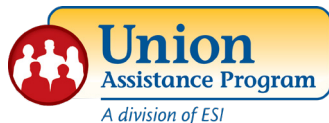
- **[Strategies for Stress Relief](#)** – Everyone is stressed. The responsibilities of modern living can be overwhelming. But is it really possible to learn techniques and strategies to manage and relieve stress? Yes! In this seminar, we will talk about the symptoms of stress, how they manifest in day-to-day life and ways to effectively manage stress.

- **[Reclaim Your Joy](#)** – Children experience joy on a regular basis. But when we become adults, time pressures and competing demands can make joy seem like a foreign concept. However, it's essential to overall well-being that we make time for it.

- **[Beyond Blue: Understanding Mental Illness](#)**

One in four Americans will experience a mental illness in their lifetimes whether it be depression, anxiety, post-traumatic stress disorder or others. It is imperative that every employee is aware of the risks and signs of the various mental illnesses, as well as coping strategies and pathways to support.

- **[Mental Well-Being](#)** – (Click Training Center, choose Comprehensive Training Library and search for [SVL\\_104476](#)) - Video-based training to help you navigate some of life's most formidable issues – stress management, work/life balance, and more.



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## ✓ Mental Health Screenings

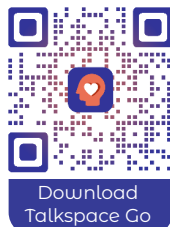
Confidential, self-administered “tests” to offer a reading on:

- [Depression Checklist](#)
- [Screening for Generalized Anxiety Disorder](#)
- [Alcohol Use Disorders Identification Test](#)
- [Drug Abuse Screening Test](#)

## ✓ Learning Centers

Topical Learning Centers include webinars, articles, suggested apps, books, podcasts, and more.

- **Anxiety** – Anxiety disorders overwhelm people with chronic feelings of anxiety and fear, but there are many things you can do that will help.
- **Substance Misuse** – Addiction has become an epidemic. The best defense against addiction is knowledge.
- **Depression** – Most people feel sad or depressed at times, but when intense sadness persists and keeps you from living and enjoying your life, it may be depression.
- **Managing Burnout** – If you think you’re on the road to burnout, learn what you can do to regain your balance and feel hopeful again.
- **Stress** – Learning to effectively manage stress can prevent the stress from becoming a chronic state that can lead to illness.
- **Building Resilience** – Walk through each moment of your life thinking, feeling, and responding to your experiences with a mindset of confidence, strength, and optimism.



## ✓ Live Interactive Sessions



- Friday, May 2nd, (12:30-1:30 ET)  
**What Are My Emotions Telling Me:**

Register

Most of us accept positive emotions and avoid negative emotions. Your host will help you slow down to explore what your body is telling you and reconsider how you can engage with all of your emotions in healthy ways.

- Wednesday, May 14th, (12:30-1 ET)  
**Self-Care for Stress Resilience:**

Register

Stress can feel overwhelming at times. Finances, caregiving, parenting and work stress can impact our physical, emotional and psychological health. This session will be an engaging self-care experience, providing participants with daily practices that can be applied to build resiliency and increase well-being.

- Wednesday, May 21st, (12:30-1 ET)  
**Improving Mental Health Through Self-Care:**

Register

Small changes can lead to significant improvements in wellbeing. Enhancing your mental health can be as simple as taking a few minutes a day for a self-care practice. The benefits and types of self-care will be reviewed with suggestions for activities in several self-care categories. Tips for developing a personal self-care plan will be provided.

- Wednesday, May 28, (12:30-1 ET)  
**Mindfulness for Mental Well-Being:**

Register

Mindfulness practices have shown to be helpful in reducing stress, anxiety and pain. In this session, participants will learn simple mindfulness and meditation practices to bring into everyday life to support mental well-being.

▶ After registering for a live session, you will receive a confirmation email containing information about joining the meeting.

