



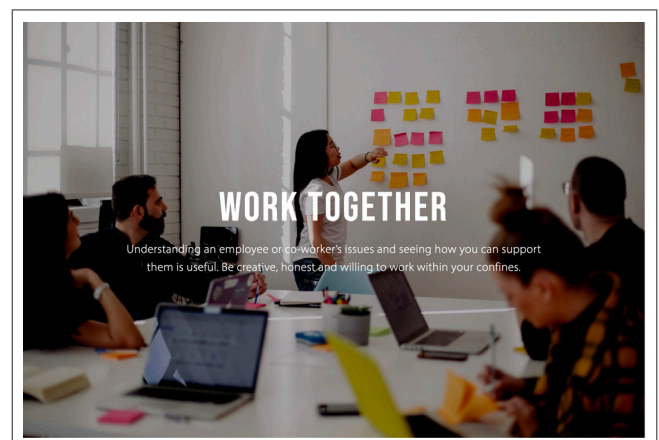
Take A Moment to Check In Mental Illness Awareness

In any given year, one in four Americans will suffer from a mental health disorder. Due to the significant stressors associated with the Coronavirus pandemic and other current events, the prevalence of mental health concerns is on the rise. Now more than ever we need to recognize and respond to those in need.

Mental illness awareness efforts help to increase use of valuable education and resources.

The Mental Health First Aid Toolkit teaches employees how to identify and support anyone who may be experiencing a mental health or substance use concern and provides resources to begin the care journey.

Visit mhfirstaid.tools today and see how three easy steps can make a world of difference to someone in need.



Login to myEVHC.com and click mySupportSolution - for your emotional wellbeing link.

