



Mental health is essential to everyone’s overall health and well-being, and mental illnesses are common and treatable. People experience symptoms of mental illnesses differently—and some engage in potentially dangerous or *risky behaviors* to avoid or cover up symptoms of a potential mental health problem. Activities like compulsive sex, recreational drug use, obsessive internet use, excessive spending, or unhealthy exercise patterns can all be behaviors that can disrupt someone’s mental health and potentially lead them down a path towards crisis.

May is Mental Health Month; the City of Milwaukee Employee Assistance Program (EAP) is raising awareness of *Mental Health America’s Risky Business (#riskybusiness)*. The campaign is meant to educate and inform individuals dealing with a mental health concern understand that some behaviors and habits can be detrimental to recovery—or even mask a deeper issue—but that seeking help is nothing to be ashamed of. For more information about Mental Health Month, visit:

<http://www.mentalhealthamerica.net/>

Employee Assistance Program



City of Milwaukee EAP



Five Quick Ways to Work on Your Mental Health

1. Track gratitude and achievement with a journal - include 3 things you were grateful for and 3 things you were able to accomplish each day.
2. Check up on your mental health. It’s free, anonymous, and confidential: <http://www.mentalhealthamerica.net/mental-health-screening-tools>
3. Work on your strengths. Do something you’re good at to build self-confidence, then tougher task.
4. Feeling stressed? Smile. It may not be the easiest thing to do, but smiling can help lower your heart rate and calm you down.
5. Feeling tired? Go ahead and yawn. Studies suggest that yawning helps calm the brain and improves alertness and mental efficiency.

City of Milwaukee

Resources

- City of Milwaukee Employee Assistance Program
414-286-3145
- United Health Care/Care24
800-942-4746