



# May is Mental Health Awareness Month

## Employee Service Program (ESP) Mental Health Resources

- Speak one-on-one with an ESP Counselor by phone or video meeting
  - Contact ESP to request an appointment at **800-521-1377** or [MCSC-ESP@michigan.gov](mailto:MCSC-ESP@michigan.gov)
    - [Meet the ESP Team](#)
- [StressStop Tool](#): Topics of focus include resilience, wellness, and mindfulness
- [Wellness Wednesday Webinars](#): Held the first Wednesday each month, 11:00 a.m. to 11:45 p.m.
  - May's Wellness Wednesday Topic: **Work-Life Balance**
- [Monthly Manager Sessions](#): Information, support, and resources specific to the challenges and issues managers encounter
  - May's Monthly Manager Session Topic: **Handling Change: Coping with the Stress of Change and Uncertainty for Managers**
- [Wellness Webinar Recordings](#): On-demand recordings of previous Wellness Wednesday Webinars
- [Mindfulness Breaks](#): 15-minute sessions held every Tuesday at 10:30 a.m.
- ESP Mindfulness Meditations: Guided breathing and relaxation exercises
  - [Mindfulness: Breathing Technique](#)
  - [Mindfulness: Guided Meditation](#)
  - [Mindfulness: Grounding Techniques](#)
  - [Mindfulness: Body Scan](#)

## Additional Mental Health Support and Resources<sup>1</sup>

- [5 Tips to Manage Stress](#) (Provided by the Mayo Clinic)
- [I'm So Stressed Out!](#) (Provided by the National Institute of Mental Health (NIMH))
- [988 Suicide & Crisis Lifeline](#)
  - The 988 Suicide & Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, in the United States
- [National Alliance on Mental Illness](#)
- [People Seeking Help](#) (Provided by the CDC)
  - Helplines and assistance with locating a provider in your area

<sup>1</sup>The listing of these organizations and directories does not constitute an endorsement by the Employee Service Program (ESP). If you would like a specific in-network referral, please contact ESP at 800-521-1377 or your insurance company.