



May is Mental Health Awareness Month

Employee Service Program (ESP) Mental Health Resources

- Speak individually with an ESP Counselor by phone or video meeting. Appointments can be requested at **800-521-1377** or MCSC-ESP@mi.gov.
- ESP's [StressStop](#) Tool has resource topics including resilience, wellness, and mindfulness.
- [Wellness Wednesday Webinars](#) on the first Wednesday each month from 11:00 a.m. to 11:45 a.m.
 - **May Webinar** – Coping with Grief and Loss
- [Monthly Manager Sessions](#) provide information, support, and resources specific to challenges and issues managers encounter.
 - **May Session** – Managing During Times of Trauma and Grief
- 15-minute [Mindfulness Breaks](#) every Tuesday at 10:30 a.m.
- ESP Mindfulness Meditations recordings with guided breathing and relaxation exercises.
 - [ESP Mindfulness Meditation – Mountain Pond](#)
 - [ESP Mindfulness Meditation – Nighttime Campfire](#)
 - [ESP Mindfulness Meditation – The Waterfall](#)

Mental Health Facts – 2020*

- 1 in 5 people experienced mental illness.
- 26.3 million adults received virtual mental health services.
- 17% of youth aged 6 to 17 experienced a mental health disorder.
- 1 in 5 people reported that the pandemic significantly impacted their mental health.

Additional Mental Health Support and Resources**

- [Stress and Coping](#): information from the Centers for Disease Control and Prevention (CDC)
- [Suicide Prevention Lifeline](#): free confidential support 24/7 for people in distress and prevention and crisis resources
- [National Alliance on Mental Illness](#)
- [People Seeking Help](#): helplines and assistance for locating a provider in your area

*Data from CDC, NIMH and other select sources. Find citations at www.nami.org/mhstats.

** The listing of these organizations and directories does not constitute an endorsement by ESP. For an in-network referral, please contact ESP at 800-521-1377 or your insurance company.