



# Mental Health Awareness

United States Postal Service 



[EAP4YOU.com](https://www.usps.com/eap4you) | 800-327-4968 | TTY: 711

# Why This Topic Matters



- Mental health affects how we think, feel, and function every day
- Work demands and home responsibilities can increase stress
- Awareness helps reduce stigma and encourages early support
- Everyone has mental health—just like physical health

# Overview



- Building healthy daily practices
- Common misconceptions and the facts
- Supporting someone who may be struggling
- Supporting your own path to well-being
- Understanding mental health diagnoses
- How USPS EAP can help

# Building Healthy Daily Practices

## Grounding & Relaxation:

- Take slow, deep breaths
- Check in with your emotions
- Get plenty of fresh air
- Step outside for some sunlight

## Daily Balance:

- Consistent sleep and meals
- Short breaks during the day
- Limit stressful media
- Make time for self care

## Connection:

- Find supportive people
- Engage in community
- Plan social activities

# Common Misconceptions and The Facts

Myth: Mental illness is rare

**Fact: Mental health challenges are common and can affect anyone.**

Myth: Mental illness is a sign of weakness

**Fact: Mental health conditions result from many factors. Asking for help shows strength.**

Myth: People with mental illness can't succeed

**Fact: With the right support, people manage symptoms and thrive at work and home.**

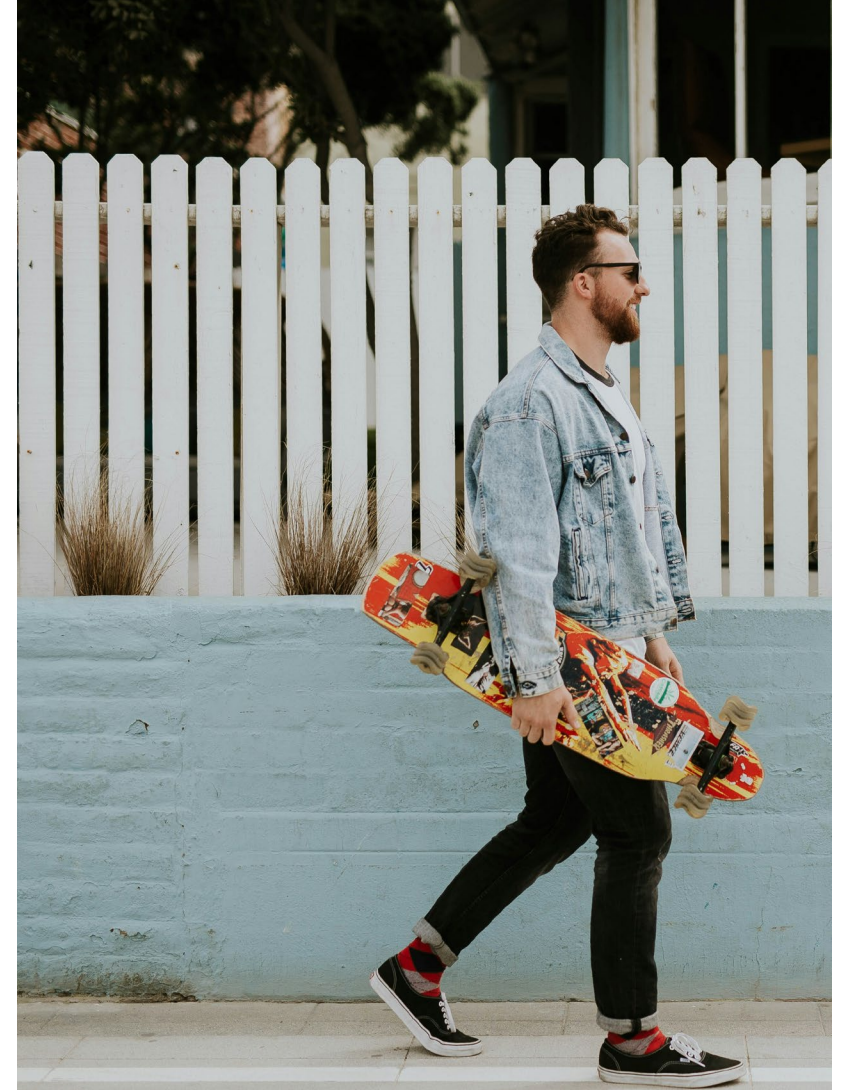
Myth: You can always tell when someone is struggling

**Fact: Many mental health challenges are invisible—empathy matters.**

# Recognizing When Someone's Struggling

## Possible Warning Signs:

- Withdrawal or isolation
- Irritability or mood changes
- Changes in energy or focus
- Difficulty concentrating
- Feeling overwhelmed





# How to Support Someone

## What Helps:

- Check in and express concern
- Listen without judgement
- Encourage healthy next steps
- Know when to suggest professional help

## What to Avoid:

- Pushing for personal details
- Making assumptions
- Dismissing or minimizing feelings



# How to Support Someone

- Interruptions: calls, messages, visitors
- Lack of self-discipline or boundaries
- Personal disorganization
- Constant crisis management
- Missing or unclear goals
- Shifting priorities
- Social media & digital distractions
- Too many or unstructured meetings

# Supporting Your Own Path to Well-Being

## Different Paths to Coping and Healing:

- Talking with a trusted friend
- Staying active
- Spending time outdoors
- Connecting with others
- Engaging in creative outlets or hobbies
- Working with a mental health professional



# Cultural & Life Experiences Matter



- Some rely on others for emotional support
- Some turn to faith or spirituality
- Some prefer private coping strategies
- Others feel better sharing openly

# Understanding Mental Health Diagnoses

## What a Diagnosis Is:

- Provides clarity about experience
- Validates struggles are real and recognized
- Guides treatment and coping strategies
- Helps connect individuals with resources

## What a Diagnosis Is NOT:

- A definition of who someone is
- A sign of weakness or failure
- A limit on abilities or future success



# Signs to Notice and How to Respond

## Common Experiences:

- Stress
- Depression
- Anxiety
- Trauma responses
- Burnout





# How the **EAP** Can Help

- Stress, anxiety, and burnout
- Work or life transitions
- Family or relationship concerns
- Grief or major life changes
- Financial stressors

# Small Actions That Make a Big Difference



- Check in on yourself and others
- Take short breaks to reset
- Set healthy boundaries when possible
- Normalize asking for help
- Use support resources early—including EAP



# Your **EAP** is here for you.

You are not alone. The EAP is a free, confidential resource available 24/7 to support your emotional, mental, and overall well-being. Whether you prefer phone, video, in-person sessions, or online tools, EAP is here to support your well-being every step of the way.

**Free | Confidential\* | Available 24/7**



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\*EAP counselors have master's degrees and are licensed professionals. Your privacy is protected by strict federal and state confidentiality laws and regulations and by professional ethical standards for counselors. Information you share with the EAP may not be released to anyone without your prior written consent, except as required by law (e.g. when a person's emotional condition is a threat to him or herself or others, or there is suspected child or elder abuse) or the issuance of a court order upon a showing of good cause.