



## May is Mental Health Awareness Month

Taking care of our mental health is just as important as our physical health, but knowing when or how to get help is the hardest part. This month, we'll help you become familiar with the signs that you or someone you know may need support and remind you of the resources available to you through your EAP.

Access resources [here!](#)

### Beat the Stigma

Misconceptions about mental health can keep people from getting the support they need. Break through this stigma by learning the truth behind some myths and share what you learn with others. No problem is too small.

[Learn More](#)

### Finding Your Light

Depression is one of our most common mental illnesses — more than 21 million Americans live with the condition. Watch our short video, which offers insight and hope from one of Lucet's licensed professional counselors.

[Watch Now](#)

### Prioritize Your Well-Being

Explore a wide range of tools, tips and guidance to support your mental well-being whenever you need it. Find the support that fits your needs.

[Explore Mental Health Resources](#)

### Help Spark the Conversation

Changing the way we talk about mental health starts with the right resources. Access our Mental Health Awareness Toolkit and share tip sheets, videos and articles to promote better understanding, reduce stigma and support those around you.

[Mental Health Awareness Toolkit](#)

Get started with your EAP by joining this month's free webinars:

Strategies to Manage Anxiety  
Wednesday May 21, 2025  
[Morning - 12PM - 1PM EST](#)  
[Afternoon - 3PM - 4PM EST](#)

Preventing Workplace Bullying  
Wednesday May 28, 2025  
[Morning - 12PM - 1PM EST](#)  
[Afternoon - 3PM - 4PM EST](#)



May 2025

# Work Well. Live Well.

◆ Your well-being is our priority.

Lucet EAP provides confidential support, counseling services and resources to help you overcome life challenges and live a happy, balanced life.

Call 800-624-5544  
Visit [eap.lucethealth.com](http://eap.lucethealth.com)