



This month: You've got lots of help and support in 2021

Survey says: 100% of us agree 2020 was a tough year.

At times, life can feel overwhelming. But, it's important to know that asking for help is normal and healthy. You never need to feel like you have to take on the world alone. If you or a loved one is struggling or has concerns about mental health or illness, reach out to one of the resources for BEK employees, and learn about how others have coped.

Recognize the warning signs

When it comes to your emotions, it can be hard to know what's normal and what's not. Pay attention to warning signs like these that show you (or a loved one) may have a mental health problem:

- Withdrawing from the people and activities you once enjoyed
- Having low or no energy
- Smoking, drinking, or using drugs more than usual
- Having severe mood swings

Enrolled in a BEK medical plan?

All of the BEK plans cover a wide range of emotional support benefits, including everything from virtual visits to in-patient treatment.

- In a UHC plan? Log in or register on myuhc.com, then click on *Find a Doctor* to find and compare average costs for providers in your network, including mental health services.
- In the BCBS plan? Go to alabamablue.com and log in or register, click on *Find a Doctor*, then select *Treatment Cost Estimator* to find and compare average costs in your network, including mental health services.

For all employees

All employees and their family members can access free confidential counseling and guidance through the BEK Employee Assistance Program (EAP). Support is available any time, including up to six free weekly video, telephone or chat sessions with a counselor, about:

- Stress or health issues
- Relationships, including family
- Alcohol or drug dependencies
- Legal and financial issues

BEK
Employee Assistance
Program

awpnow.com
1-800-343-3822

Suicide Prevention
Lifeline

Talk to someone now
if you or a family
member needs help
1-800-273-8255

Contact the
speakUp Helpline
at 888-745-8998
about escalating
a work concern

