

# Emotional health support for Southeast Division employees



Struggling with emotional challenges can make you feel isolated, frustrated and overwhelmed. It impacts every stage of life, and affects how you think, feel and act. Learning how mental illness differs from other illnesses and recognizing the warning signs will make it easier to get the help you need.

It's important to know that asking for help is a normal part of life. 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 their mental health or illness, learn about how others have coped, then reach out to one of the resources listed on the back of this handout.

## First, understand the difference between mental health and mental illness

At times, people use the terms interchangeably. But poor mental health and mental illness are not the same. It's important to understand the difference.



- **Mental health** includes your emotional, psychological and social well-being. It also helps determine how you handle stress, relate to others and make healthy choices.
- **Mental illness** is one of the most common health conditions in the United States. It affects a person's thinking, mood or behavior. The most common forms include depression, anxiety, bipolar disorder and schizophrenia. These may be short-term or long-lasting and affect a person's ability to function on a daily basis.

A person can experience poor mental health and not have a mental illness. A person with a mental illness can experience periods of good social or emotional well-being.

## Recognize 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 that 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 that cause problems in personal relationships

## Costs if you are enrolled in the BEK BCBS Medical Plan

The BEK BCBS Medical Plan covers a wide range of emotional support benefits, including everything from virtual visits with your physician to in-patient treatment. Go to [alabamablue.com](http://alabamablue.com) and log in, or register if it's your first time to visit the site. Click on the *Find a Doctor* tab, then click on *Treatment Cost Estimator* to find and compare average costs for providers in your network, including mental health services.

## Not currently covered on a BEK Medical Plan?

Ben E. Keith provides all employees and their family members with free confidential counseling and guidance through the BEK Employee Assistance Program (EAP). Call 1-866-343-3822 or go to [awpnow.com](http://awpnow.com) any time for support, 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

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To learn more about emotional health concerns and how others have coped, watch a video on [liveandworkwell.com](http://liveandworkwell.com) about conditions that may affect you and your family members.



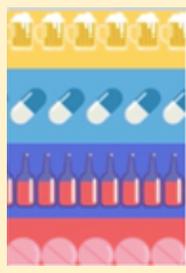
**Panic disorder**  
Don't let panic attacks take over your life. Here's how one sufferer tackled hers.

[WATCH](#)



**Anxiety**  
Anxiety can make everyday life hard. Here's how to cope and get your life back.

[WATCH](#)



**Drinking or using drugs**  
Congressman Patrick Kennedy talks about his own struggle – and how recovery is possible.

[WATCH](#)



**Depression**  
If it's hard to remember what happiness feels like, it could be depression. You are not alone.

[WATCH](#)



**Sleep difficulties**  
Can't sleep? Always tired? With help, you can learn how to get the restful sleep you need.

[WATCH](#)



**Unwanted memories**  
A traumatic event can haunt you. Here's how a Veteran finally made peace with the past.

[WATCH](#)

## Where to get the support you need

If you are enrolled in the BEK BCBS Medical Plan:

Available at no cost to employees & family

For everybody, any time.

**EMOTIONAL SUPPORT HOTLINE**  
free, confidential support is available 24/7

1-833-848-1764

**SUBSTANCE ABUSE SUPPORT**  
Call the phone number on the back of your medical ID card to get connected to providers

**BEK Employee Assistance Program (EAP)**  
[Awpnow.com](http://Awpnow.com) or 1-800-343-3822

**SUICIDE PREVENTION LIFELINE**  
Talk to someone now if you or a family member needs help

1-800-273-8255

As always, talk to your HR Manager if you have questions.