

In recognition of May as Mental Health Awareness Month, we invite you to explore and share the resources below to help raise awareness among your employees/members. For more information, visit [BeaconHealthOptions.com/MentalHealthAwarenessMonth](https://BeaconHealthOptions.com/MentalHealthAwarenessMonth). In addition, we're proud to share insights from our inaugural report on the State of the Nation's Mental Health, which explores how the pandemic and other stressors in 2020 impacted the rate at which Americans sought treatment for mental health conditions. Visit [StateoftheNationsMentalHealth.com](https://StateoftheNationsMentalHealth.com) for more details.



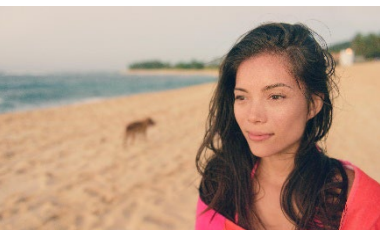
**An overview of the nation's mental health:** While Americans shared that the pandemic and other stressors like social injustice, elections, and the economy negatively impacted their mental health in 2020, there wasn't a corresponding increase in people seeking mental health treatment.

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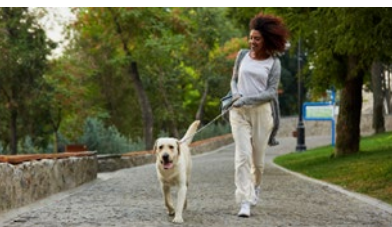
**Monitoring the pandemic's impact on the mental health of children and teens:** Although it's too soon to tell what the pandemic's long-term mental health effects will be on children and adolescents, parents and caregivers are right to be concerned and vigilant about their children's mental health.

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**What to do to prevent a mental health crisis:** If you live with a mental health condition, a sense of crisis can heighten during stressful times. To help you get out in front of such crises, explore these tips provided by the National Alliance on Mental Illness (NAMI).

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**Better mental health begins with you:** #MeMinutes are the time you spend putting your mental health first. Step outside for fresh air, call a friend, or listen to a favorite song. Exercise is also a great way to boost your mood. Click the link below to learn how you can participate in a NAMI Walk Your Way event near you in honor of Mental Health Awareness Month.

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