

Please stand by for realtime captions.

IF YOU WOULD RAISE YOUR HAND, IF YOU CAN HEAR ME OKAY. FABULOUS. If you having technical issues, please type that into the Q&A part. We will come to resolve any issues that you may be having. We will get started at two minutes after the top of the hour. If you can please stand by.

[ Captioner Standing By ]

Welcome, everyone. This is Jeannie Kuehler. We are going to start at two minutes after the top of the hour. We have folks still gathering. We are expecting a large audience today. We want to give folks plenty of time together. So, we will start again at two minutes after the hour. If you have any technical issues, please note those in the Q&A pod to the left. We will work to resolve them. Thank you.

[ Captioner Standing By ]

Welcome, everyone. We are still gathering. I am one of your moderators today. We will start at two minutes after the hour. We I gathering. If you have any technical issues that you are managing, please make note of those in the Q&A pod to the left. We will attempt to resolve those. Again, a we will start at two minutes after the hour. Please standby.

[ Captioner Standing By ]

Hello, everyone. This is Jeannie Kuehler again, we are still gathering. We will start if you miss. Meanwhile, I will go ahead and do a quick sound check with our presenter, Allison grace. Allison, can you say a few words?

Hello, Jeannie. I am excited to be here. If everybody agrees that Allison sounds fabulous today, just raise your hand. Look at that little man I can't. Lots of hands raised. Everyone agrees you sound fabulous, Allison.

Thanks. [ Laughter ].

Great. We are going to start here in just a couple of minutes. We will start at two minutes after the hour. Thank you.

[ Captioner Standing By ]

All right. We are going to go ahead and get started. Welcome, everyone. Welcome to today's webinar. Mental Health Awareness: What You Need to Know .

My name is 9911\*. I will be one of your moderators today. I will turn it over to our guest speaker, Allison grace. Before I do that, I would like to go over a few tips to help those of you who are new to the web a conferencing tool. Below the PowerPoint is captioning for persons with hearing impairment. Captioning will be available throughout the presentation. Use the Q&A pod for your questions or comments. Type in the attack -- the text box to send your questions or comments. We will address your comments or questions as time allows. Below the QI -- Q&A is the handouts which you can download any time. There are several formats for reading the assistive devices. Once you download the handouts, you can decide which one is appropriate for you. A certificate of completion will be available for you at the end of the webinar. To download, click on the document and highlight it. Go to the bottom of the pot and click download files. This will generate a new window into your Internet browser. Just open that window and

follow the directions down the document. You can view this presentation in full-screen mode by clicking that full-screen button in the upper right-hand corner of the screen. It's the icon with the four arrows. Just keep in mind that you won't be able to participate in the Q&A or poll question. Just click that full-screen button again to minimize the screen and regain use of those features. Now, this webinar recording will be on our website in 2 to 3 weeks. Without further ado, if you could please standby, I will start the recording and then I will turn it over to Allison. She can get started after that.

hello, everybody. Welcome to the Mental Health Awareness: What You Need to Know .

My name is Allison Grace. Like Jeannie said, I'm a licensed clinical social worker in Missouri and Illinois. I'm also an EAP provider for Magellan Health. Have a private practice office in Missouri. I also work for a group in Illinois that provides in-home psychotherapy. This is for the elderly and is funded by Medicare. If you're interested in learning more about my services, please feel free to check out my website. This presentation includes basic information about mental health and illness. I've spent the last 25 years dedicate my life to helping people with their mental health challenges. Although mental health is a complex subject, I hope we have narrowed it down to the most important basic information for you. Before we start, Jeannie, could you help us with a real quick survey? I'm kind of curious, how many of you, just by the rays of hand -- by true or false -- we will do this by true or false. Someone close to me has experienced mental health concerns. True or false? Can you give me a general sense? We will tally up these percentages for me. That's fantastic. Most of you were able to answer that quickly. It's looking like people are responding and slowing down. It's about 90% of you who have somebody close to you who have experienced mental health concerns. That's really statistically speaking to take a look at our own microcosm. In a little bit, we will talk more about the statistics worldwide and nationwide. Thanks, Jeannie. DMI clear about that poll? I have another really quick question for you guys. On the topic of mental health and mental illness, I know everything there is to know. A good amount of information, some information, are very little. Just take a moment there. Let us know from the topic of mental health and mental illness. I know everything there is to know. A good amount of imaging. Some information or very little? I see you guys are presenting here. Give me a quick moment to take a look. I love the way this gives us a percentage already based on the people who are in attendance. Looks like the majority of you are in the, some information, which is about 55%. 27% very little admission. There is a 1% who know everything there is to know. Thanks, you guys, for sharing that. I really appreciate. I want to let you know that even though I feel like I know quite a bit and have dedicated 25 years, I am always, always learning. I never feel like I know everything. I have discovered that the best way for me to learn is to teach. [ Laughter ]. We should have time for questions at the end like Jeannie said. In any event I don't cover something, that you want to learn about, please feel free to stay with us at the end and hopefully, we will get to that. Already, we will move onto the next flight. G, will you clear that off? We can get started.

All right. Let's just discuss the prime objectives. We will learn more about the facts about mental health and mental in this. When he directed his warning signs of mental illness including suicide and technology diction. We need to learn how to help yourself and others with mental health issues and including responding to emergency situations. We want to gain resources for promoting mental health.

Let's begin with a discussion on mental health and get a mutual understanding of what it is. Mental health is an umbrella under which many categories have. Physical health pertains to the strength of our body can't mental health includes not only our biology but also our emotional, psychological, and social

well-being. It affects how we think, feel, and behave. It also helps determine how we handle stress, relate to others, make choices, mental health is important to every stage of life from childhood and adolescence through adulthood. The ultimate goal is for good mental health is to describe it as being fully self actualized. This is went once psychological, emotional, social, mental state during a place of well-being and harmony. Over the course of your life, if you experience mental health challenges, and many of us will come as we saw in the statistics earlier, your thinking and behavior and mood could be affected. We tend to look at these challenges as mental illness. What is mental illness? It refers a wide range of disorders that affect mood, thinking, and behavior. People with mental illness often experience internal and emotional distress, problems function at work, home, and or in social situations. Mental illness also refers to the disease model meaning, we focus on what is wrong with us rather than what is working for us. Now, listed here are some common mental health diagnoses. These are obtained from the DSM-V or the diagnostic and statistical manual addition. This is the go to reference for all psychological disorders. Mood disorders are the most common types of mental health challenges. It usually involves the emotion managing the person rather than the person managing the emotion. Depression, depending on the cluster symptoms may be called for example, Major Depressive Disorder or Seasonal Affective Disorder and as of right of others. Anxiety is also a very common diagnosis. It includes Generalized Anxiety Disorder , panic disorder, Post Traumatic Stress Disorder . Bipolar is typically when somebody cycles between moments of mania and depression. Type 1 and type II indicates the severity of the cycle of mania. Personnel disorders are the toughest to treat. Some common ones are borderline personality disorder and narcissistic personality disorder. Executive function disorders like Attention Deficit Hyperactivity Disorder and Autism Spectrum Disorder indicate a chemical imbalance in the prefrontal cortex. Then there are obsessive-compulsive type disorders like anorexia, bulimia, alcoholism, and other addictions like gambling, pornography, and technology, for example. Individuals construct with one or more diagnoses which can be affected by and affect every aspect of their life. Mental health, unlike physical health, also involves invisible challenges. Emotions, self-esteem,, it can be severely misunderstood and is challenged by stereotypes and myths. Let's take a look at the facts about mental health. One in four people in the world will be affected by mental health issues at some point in their life.

That's 450 million people currently suffering from mental disorders among the leading cause of ill health and disability. This is worldwide. Jeannie, if you don't like him if you can get the of the pool before, which was really interesting to me, can we take a quick look at approximately what percentage of people with known mental disorders never seek help? That is from the mental health professional. I'm kind of curious. I know what to say six say -- statistics say, I'm curious what you guys think. Do you think it's 25% that don't get help? 33% that don't seek help from a health professional? 50% don't seek help? Or do you think it might be all the way up to 66%? Let's take a look. You guys are responding. You guys are so quick. Let's good.

You even have an option to not vote at all. All right. It looks like the pulling has subsided. We are at 60 -- 60% of you clicked the city 6% or above. All right. Give yourself a nice pat on the back. You are correct. I'm sorry that is the correct statistic. To me, that seems unfortunate. 28 of you thought it was 50%. Centerville you -- some of you thought of 33%. In a small 3% thought it was 25%. Thank you for helping us with that poll. You guys are pretty well informed, it seems.

Treatments are available. But nearly 2/3 of the people with the known mental disorder never seek help from a healthcare professional. The answer was 66%. Stigma just neglect, those things provides care and

treatment from reaching people with mental health disorders. This is according to the World Health Organization. Where there is neglect, there's no understanding. Where there is no understanding, there is neglect. So if this to Citrix -- statistic is along to you as it is to me, please get informed about mental health Recollections interstate. Involved in helping America to make access to mental health a priority. Moving on.

Mental illness is not caused by weakness in character. Although the exact cause is not known, many factors can contribute to mental health problems including our biology, like our genes, brain chemistry, life experiences, such as trauma or abuse, a family history of mental health problems, stressors at work, our homes, such as death and divorce, job loss, and any kind of change in lives and us into -- can send us into a spin.

I believe all of these will be included in your protocol.

Mental illness is a medical condition that is treatable just like hypertension or diabetes. Depression is a leading cause of disability in the United States. Among people ages 15 to 44, it's not uncommon for someone with anxiety disorder to also suffer from depression or vice versa. Nearly 1/2 of those diagnosed with depression are also diagnosed with an anxiety disorder. Anxiety disorders are the most common mental illness in the United States. It affects 40 million adults ages 18 or older. That's 18.1% of the population. Every year. Anxiety disorders are highly treatable. Only 36.9% of those suffering ever received treatment. Studies show most people with mental illness to seek treatment get better. Many recover completely. Recovery refers to being able to live and participate in the community. Recovery can also be very individualized. For some, recovery is the ability to live a fulfilling and productive life. For others, recovery simply means the mental health symptoms have been significantly reduced or have gone away.

Similar to recovery, successful treatment is individualized. What works best for one may not work best for the other. The treatment protocol for depression or anxiety for example, most often includes talk therapy and medication management. Or any combination of the two. Talk therapy can include individual counseling, group therapy, or group support. Many people work with a combination of the therapists, social worker, psychiatrist, nurse, and or peers or support group in the recovery.

The continuum of mental health services goes from least restrictive to most restrictive. That is, so you can go from outpatient psychotherapy which might be once per week all the way up to maybe once per month to intensive outpatient therapy which is usually about three times per week. That it goes up to residential treatment which is usually 5 to 7 times per week. Sometimes lesson all day. And then there's inpatient hospitalization which is every day and night with around-the-clock care. Doctors and nurses are often involved. There are times when action is needed for yourself and others. Expanding mental health instability. Or increasing symptoms. Whether at work or in your personal lives, we may notice some nifty changes which can be confusing or upsetting. Having advanced information can go a long way. That could ease concern and building confidence in responding. You might notice withdrawing or isolating from friends, family, or coworkers. Decreased -- sorry about that. Decreased participation in usual activities at home, or, including work assignments. Low energy and fatigue, they appear tired or complain that they are always tired. You are feeling from numb to not feeling anything to friendly feeling sad or hopeless. When you're usually confused, somebody gets angry all the time or get agitated or get scared. Again, we are looking for changes, if that's not how they normally are.

Uncontrollable, disturbing thoughts, or compulsions which is a compulsion which is an irresistible urge to engage in a certain behavior. Like washing hands and that sort of thing. Changes in sleep patterns, flicking too much or too little or awakening early, ticket back to sleep. Loss of or increase in appetite. Any changes in appetite can also be accompanied with increased or decreased in weight. Trouble with daily tasks by getting work or school done and keeping up your appearance even. Your agreement are caring for dependents. Children and that sort of thing. Severe mood swings that may cause problems or conflicts with others. A person with more severe symptoms may appear to our complaint of hearing voices. Another very serious symptom of having thoughts or statements of harming oneself or others. Although only a trained professional can diagnose a mental health issue, it's helpful to be familiar with these symptoms to recognize and respond especially when symptoms are long-lasting. Because technology addiction is becoming so prevalent these days, I wanted to share with you some warning signs. That you are someone you love may have an Internet addiction. Do you are someone you love -- party, spent a lot of time alone with her computer or smartphone on a regular basis? Do they become defensive when you confront them with their behavior? Appeared to be more socially isolated, we, irritable? Do they deem to be established as excellent with new or different friends whom they met online? Talk about their time on the computer incessantly? Seem to draw meaning in their life from this activity? Or exhibiting signs that the work or school performances is suffering like if they get fired from work, grades are slipping, household responsibilities are being neglected. Addiction to technology may cause one to lose their job. It's not likely to be life-threatening. Let's take a closer look at suicide in common warning signs with that. First, I would like to take another anonymous poll. Jeannie, can you help us with that? This is another multiple-choice question. Who on the call has been touched by suicide? Your answers are, I have, I have not. I will let you answer that for a moment. Then I will take a quick drink.

[ Event is being polled ]

okay. It looks like about 55%. To 54% I have has been touched by suicide. 45% have not. That's very interesting. It seems kind of sad. It's even more imperative that you are listening to this in taking notes and hopefully, we will have take away from this that will help when you are touched by such a situation. So, let's see here. Let me switch to the new slide. Warning signs of suicide. Feeling as if nothing matters. According to American foundation suicide prevention, others think of no cause of suicide. In Austin often occurs when stressors exceed current coping abilities. That is if someone coping with depression. Feeling as if nothing matters. Giving away their possessions. Sudden cheerfulness following depression. Owning or buying a gun or thinking about or talk about killing themselves. Suicide is a permanent desperate solution to a temporary situation. Or a temporary problem. If someone you know talks about suicide or demonstrates any of these behaviors, it's important to take it seriously. We will talk in just a bit about specific actions that you can take. These statistics were drawn from the AFF T.org. That is about suicide statistics. We've covered how to recognize mental health challenges I would like to talk a little bit about why treatment is so important. It might have surprise you to learn earlier that only 44% of adults with mental health problems ever receive treatment. Actually, according to our poll, you guys were pretty surprised by that. Along with the social work and family impact, we've been discussing chronic mental problems which are linked with serious and often life-threatening medical conditions. Such as heart disease, diabetes, obesity, and even cancer. People with untreated serious mental illness may die. 25 years earlier than those with -- without mental illness. Suicide is the 10th leading cause of death in the United States. Each year, 44,000 American die -- Americans die by suicide. Of those who die

by suicide, an estimated 90% of a diagnosable mental illness. Many of which went undiagnosed or went on the treated are went completely untreated. 80% of more than depressed people can be treated quickly and effectively. Depression that is left untreated can be life-threatening. The key to recognizing symptoms of depression early -- the key is to record the symptoms early and to receive appropriate treatment. Be on helping someone -- beyond helping someone with professional help, there's other ways to help. It's the power of listening. Research shows most people will as someone who will truly listen to their personal concerns. The average person cannot identify someone who will listen to them for more than a few minutes. Over 70% of people speaking -- seeking assistance that are talk about personal concerns reported that it really helped this is". Had someone to talk with. The power of increasing hope. The power of normalizing. I will hope -- if you listen and provide a little reassurance, people start to feel better and more hopeful. A person becomes more hopeful, it can cyclically change their outlook and behavior . Hopefulness causes a person -- versus made to feel less discouraged and one is than anxious. When expressing hopefulness, they are feeling paralyzed or suicidal they started move for in a positive direction. The power of normalizing. People with life issue problems can feel isolated and may think that they are the only ones struggling with the issue. They feel embarrassed. They have a situation which they need help. They feel ashamed that something is wrong with them because they're struggling with their situation. They feel relief when we hear their symptoms are caught when they hear that their symptoms are common and share by others. They feel validated when they hear situations like there's typically cause issues like stress and confusion. There is so much power in just listening and helping them feel normal and letting them know that you care.

So, there is no wrong or right way to seek help for yourself. Or you can is a someone else in taking the first step to getting help. The main thing is, don't put it off for -- or avoided. Do not hope the problem will go away. Likely, it will worsen. In early intervention is important to successful recovery. Primary care. Let me switch.

Primary care doctors are great ways to help start getting some assistance. Typically, you are already in a trusting relationship with them. In get appointments easily. They give you referrals. It could be a psychiatrist or therapist or other specialists. They can help you get that hospital based care that we talked about. Another great way to access care is to your employee assistance program. Magellan here provides that for you. One EAPT advantage is always available. Is a 24 hour a day. Seven days per week. 365 days per year. Employees and the families can call in and speak confidentially with a trained mental health professional, just let myself, for a free consultation and referral to the appropriate treatment provider or community resources. The EAP website can also be accessed anytime to confidentially learn about the different types of mental health dividers, locate local providers and even complete online referrals. The EAP is also a great preventative resource with great tip sheets, women are recordings, like we are doing right now, and numerous online tools for navigating through your daily stressors and challenges. Also, listed, are several mental health and substance abuse resources. There are a company websites for actors and treatment. There's national Institute of mental health. Some of those have sounded -- cited here in the presentation.

Line -- one final thought. One of the simple things you can do is simply be present. Sometimes, person feel more comfortable if you are there when they make the call. Even help to make the call and then turn the phone over to them. If you aren't sure which to do, just asked the person, what would make them feel most comfortable? In emergency situations, if you become concerned about the immediate safety or well-being of yourself or others, there are recommended steps you can take to get the

necessary help. One of the key things you can do is maintain a calm supportive composure. How you respond can impact on how others respond. That includes the person you're concerned about. Be mindful to speak slowly, softly, and clearly. People in crisis who need immediate support or intervention can contact or be helped by the free confidential national suicide prevention lifeline. There's a number there. I will seat for our transcript. It is 1-800-273-8255. If the situation is life-threatening, please, don't be afraid to call 911 or go to your nearest emergency room. If you at work and you're unable to do it comes just notified our manager. Or security for your department policy. The last topic is so important. Self-care and resiliency. We've been talking a lot about mental illness and I want to swing right back to around mental health and how you can keep yourself the healthiest as possible. They are simple things you can do each day to better manage stress, energy levels, and build resiliency. It is ability to bounce back from difficult and challenging situations. In doing this, you will be protecting your health, including your mental health and potentially preventing larger issues down the road. Managing your stress daily. Find regular outlets to work through and let go of stress, engage in exercise, meditation, breathing exercises. Spending time with friends, journaling, or just taking time for yourself. Exercise. It can mean so many different things. The main point is to increase daily movement as it helps relieve stress, depression, and anxiety. It can also increase energy. Sleep is so important. Research shows that our bodies need 7 72 9 hours of sleep. -- 79 hours of sleep.

I prioritizing and cultivating good sleep habits, you are better prepared to manage stress, energy levels, and overall functioning. It well. Our bodies require regular quality fuel. Poor eating habits can contribute to irritability or poor concentration. Commit to improving your eating habits. Laugh. Laughter is truly the better medicine. A good laugh immediate release stress. Increases endorphins. They can temporarily release -- relief pain. It keeps us healthy by improving our immune system and protecting our heart. Who knew it did all those things? In fact, I think it's so important that I want to do another open ended poll question. Jeannie, can you help us with that? Thank you.

How can you include more laughter into a day? I'm curious what you guys are thinking. I know what I do for myself. If you were to take a look at my next looks queue, out you would see that I have all comedies lined up. I also try to limit my exposure to the news. I caught the bad news. But that's just me.

Read the fireside comics. I love that one. Sometimes, you just have to actively seek that stuff. Relax more. Watch movies, prank a coworker. [ Laughter ]. Just getting. What else do we have here? I'm scrolling down. Be silly indents. I love that.

Put on some fun music. Goof around. Don't be afraid to act silly. All right. I get all of this. I'm not sure if I'm scrolling down probably a -- a properly. Surround myself with positive people. I love that. Thank you. My goodness. We have 2025 answers. I don't know if I've seen them all.

Allison, I can read some for you.

Would you?

I well. Yes.

Go ahead. That would be great.

I see tons of teens about comedies that you talk about earlier. It is really great. Comedy TV shows, standard comedies, all kinds of things that would make you laugh. I love watching animal videos. Funny

TV shows. Play with my kids. I think kids can just pull you out of the worst mood sometimes. It is just pure and innocent. It really helps improve your mood so much. Let's see. I talked to my life. She's hilarious. I love it.

[ Laughter ].

Working out. Watching were stuff about comedy. Reading jokes. Is a great habit. Gilbert daily. Let's do a couple more. Great. Surround myself with positive people. I see that a few times. Perfect. That is so important.

When you hang out with Debbie downer, you can't help but become her, right? Surround yourself with positive people. It's such a big thing. It's such a big change. My son always makes fun of me. I think we've got a lot of great ones.

Excellent. Excellent. It's, Jeannie. That was really helpful.

Sure. Sure.

We are kind of rounding the end. The last one is, foster gratefulness. Along with many health and wellness benefits, being grateful has been shown to help manage stress and foster really is -- resiliency. They are our research on this. It is currently proven. Try diligently or reflection to help grow your attitude. Simply choosing an attitude of gratitude can really help your mental health. All right. So, one more open ended poll question to give you don't mind, look like we haven't plenty of time to do that. What do you find helpful to manage your own stress? I'm wondering if it might be a lot of the same things you guys just put up? That's with the comedy shows. What are you guys doing to manage your own stress? I go horseback riding, hang out with their, meditation, Jim, yoga, tai chi, walking my dog. Dougie time. Animal time. That's the best. Working out obviously. Turning to my heavenly father. Yes, spirituality is great way. Spending time with you by love. Exercise. Do Pilates. Awesome.

I am trying to scroll down. Delegate. I love that one. Absolutely delegate. To try to do it all. Don't try to be the "Wonder Woman". Volunteering. I like that. Magnesium. And some good prayer. Jeannie, I don't know why it's doing this. Gardening. It doesn't let me -- people are responding.

Don't worry.

Let me just jump in here.

Beach time. So jealous. I'm not anywhere near a beach. I love that one. Let's see. Did you say gardening earlier?

It's that time of year. I do think you can put your hands in the dirt. It just does something sometimes. Engaging in your hobbies. Toys. Shopping. Chocolate. Lots of stuff that you mention about. Had time. Meditation. Spirituality. Being still.

Walking outside. I totally mixed up.

Reading an escape novel. I agree. I just love just reading something and not being educational. It's just something that lets me get away from it all. It can be helpful.

Absolutely.



Good stuff.

Yes. Thanks, Jeannie. Make sure.

Thanks, you guys, for sharing. That's awesome. Hopefully, something else we'll get some ideas for what they can do for themselves. Well, I believe that this concludes my talk about mental health awareness and what you need to know. It looks like we are going to have some time for questions. I hope it's been a benefit to you. Again, if you would like to know more about me or services, you can sign up for the newsletter. You can receive a free copy of my book as is between the differences of being blue and depression. Please visit my website. Just remember, grace is your ally.

Thanks, Jeannie for putting up that. Jeannie, should I read some of these questions that have come through to me? Is there more that you want to go over first?

Sure, let's do a couple of things first. How about we do that take away pulled that we talked about? And then I will talk a little bit about the EAP. Yes, we will have time for questions. So, any time while we are doing these final things, if you have a question, please submit them via the CUNY post on the left typing the text box and click that callout icon to the right to send your questions and comments. Melanie has been capturing the questions as they have been coming through. Thank you, Melanie. Always working hard in the background. We'll -- let's go ahead and do this. Name one thing you will do or do differently after participating in today's webinar? I am just curious. It was the one thing that stuck out to you. It's that one extra thing that we need to make all the difference in our lives.

You guys are awesome. Look at you guys through all these self-care. For warning signs. Get some sleep. Read more to relax. Be sure to listen carefully. That's a good one. I think -- I am glad you heard that for me. I think a lot of times, I hear from other people who are struggling with someone else's emotional state or if they have someone else in their lives that is feeling suicidal. We get scared. We don't want to lose that person. So we tend to kind of ROMs of and shut them down. They don't feel that way. Really, we just kind of allow them to feel it, what we find is that they get through it. Into the other side of that. Resisting it can make it worse. Thank you for hearing me on that. Laugh more. What else? Look for warning signs. It looks like I can click on that and move it down. Avoid stress and stressful situations. Be patient with myself. That's nice. Pay more attention. Jeannie, why does it do this to me? I think it's because people are responding, I guess.

I think it's because it's a complete spear see. I just want to talk. [ Laughter ] see. Look for warning signs.

There's a lot of seems. All it's one.

I like this one.

House that? Helping to spread the information that your learning today about others. Once it this is get help from others. That's really powerful. This thing today has prompted somebody to seek some help. So, thinking about suicide as a permanent solution. To temporary problems or situations. To that the heart is so, so powerful. It is truly critical. Let's see. Better managing stress. Talk to my life about stress that are stress relieving habits. Bringing these concepts home. How great is that? We talk about work a lot. These webinars also focus on those work topics. The fact of the matter is, so much that we learn, we can bring home and improve the lives of ourselves and our family members. That's excellent.

Yes.

I saw somebody come they might even contact the Magellan EAP.

I have to beautiful picture not to be a Debbie downer in the room. [ Laughter ]

[ Laughter ] that's such a good goal. It is so hard sometimes.

Great. Me thank you for sharing.

Thank you.

All right. Well, what do you think, Jeannie? Should I answer a couple questions here?

Let's see the EAP website.

Sorry. [ Laughter ] within talking about the EAP today. Rightfully so, given the topic, we always like to and with discussion about the EAP. Is here for you. Is available. 24 hours a day, seven days per week. Via the web or the 100 number. It is specific your company. You don't have information, for your particular company, reach out to your HR department. They should be able to point you in the right direction. EAP is free support service for you and for your family members. It can help you with any type of wellness or issue that you're working on. Maybe, don't feel like you're improving. Maybe just feel like you're not improving as fast as you like. Just additional resources can be provided. We are here for you. It's free. Right now, Allison, we can get to questions. You can see the questions there. We have a bit of time to do some questions. I will turn it back over to you now.

. I see some really good ones here. The first one I see, these are no -- are in no particular order. How does excessive time to find? I think your talk about technology addiction. If there's a certain amount and that people shouldn't be using technology daily?

That's an excellent question. I read somewhere in assistive sick about two was pretty who doesn't? Who is on their screen to to those two hours a day? I don't know. I think that's why it's becoming such a pervasive problem. My take on that would be, was excessive? What is impeding your daily life? Look at some of those other symptoms that I talked about. Is keeping you from doing the things that you should do? Is keeping you from doing the things that you want to do? Are other people complaining? Are you getting fired? So, I don't know that you can use an exact number. I think it's important to compare that to everything else going on. I have a 17-year-old daughter. I had that issue recently. As part of the reason I put this in the hesitation. Her grades were slipping. She was let go from her job. I thought she wasn't. It turned out, she was just doing too much screen time. There are apps out there called our pack. If you're interested in things like that, there are some really good apps to help you manage technology and screen time. I believe it's one of the other questions about what is the treatment for that? That's the only part that I know of. Treating -- technology addiction. I'm not an expert on it. I would say that is and talked every could be helpful. You can explore what that addiction or how that addiction is serving the person. In what way is it. Placing something else I could be more helpful.

One employee find out if an employee called the suicide hotline? Absolutely not.

When we say official come it is uber uber confidential. Just because the employer provides is for you, I can assure you that used to be an EAP consultant. The employer get zero personal information about you. Nobody knows anything. That suicide hotline, the national what is not even connected to the EAP. You could call the EAP as well. Nobody will know anything but you.

Now, I will say that for confidentiality, they are obligated by the same laws that any therapists or any other health provider is obligated to come if you pose an imminent risk of harming yourself or others, they might be -- they might need to share information to help keep you safe. So, sharing it with -- I would just leave it at that.

So but they would never contact her employer.

At which point what a person be considered disabled due to mental illness? When they are incapable of doing daily life functions. Are when they are a danger to themselves. The disability would be something that would be evaluated by psychiatrists and by psychologists and the department of disability. What is journaling?

Excellent question.

It's a fancy word for writing in a diary. Simply writing down what your thoughts are and what your feelings are. There's a lot of power to just getting it out of your head and expressing it. In the you don't have to keep thinking about it or looping on anymore. The nice thing about journaling, I can go back and read my year. I can see where I've made progress are things that I should work on.

Is a great way to get it out in front of you and make it objective.

So that you can resolve it.

How do you know if 18 is going through normal teen moods or mental illness? Consult your doctor. Consult the therapist. Call your EAP. You have to really talk and look at this specifics of what's going on there. But certainly, the experts would know what is normal teen stuff.

Let's see.

Bear with me as I read a few more of these.

There are so many there.

What sort of professional for an adult with ADD?

There are lots of tools and techniques that one can learn to work with ADHD. I think I also I saw question in here about treatment that's not medication. I wanted to touch on that a little bit. I to the question. I do remember reading it earlier.

There's a lot of apps out these days. I tend to rely on the one particular dream that's called cognitive behavioral therapy. There's a lot of apps that you can find to help you with depression or anxiety. There are ways that you can start your -- stop your habitual taking process so you can change the way you feel about things. I encourage you to Google cognitive behavioral therapy apps. You can go to your App Store. Do we need to wrap it up? Or can I do a few more?

Want to do a couple -- a couple more and we will wrap it up.

How can you help someone who is in.the doesn't want help? And of the to the doctor was actually going on? That's a really tough one. What I recommend to people is that, you, the person, if you're struggling with somebody else who's having a mental health issue, it can always be helpful for you to get in and see a counselor. That counselor can help give you tips and techniques and tools that you can use to

maybe respond to that person differently that can be very helpful to them. That other person will be dealing with their control. All you can do is take care things that are within your control. I would say seeking counsel for yourself to work on someone else's emotional state. That's a pretty common thing, unfortunately. It could be really helpful.

For diagnoses, I like to recommend that people -- who do you seek for diagnosis for bipolar? Call your health insurance. Find out who's a psychologist. Find out if you can get a mental health assessment. It's just going to be a full diagnosis. There are some objectives and statistical standardized measures out there that are psychologists who can give true diagnosis. I highly recommend it. I don't think enough people know about it. It's something you'll need to go through your insurance.

You can have an eating disorder and not be anorexic or bulimic. Yes. Yes, you can.

The eating disorders, I believe, they are on a spectrum. It is spectrum disorder too. Yes, you can if you concerned about that, call your EAP. All right.

Jeannie, are we needing to wrap it up?

Let's go ahead and start wrapping up by closing up. I'm so glad that there were extra time to get through some of these questions. I would say, a lot of the questions coming in our very specific to the individuals personal situation. The best way to manage those situations, we feel strongly is, please contact your EAP. Contact us. You can benefit from your own personalized confidential consultation with a trained mental health professional. You can receive some resources and guidance from referrals related to your situation. So, earlier, looking at those take away goals, I strongly encourage folks who were writing about very tough situations that they are managing. They can make a commitment to reach out to the EAP today. That is for assistance.

Any other -- the other thing I would mention is, on our website, there are tons of resources and are tip sheets and informational sources on variety of topics. There's also digitally based cognitive behavioral therapy programs that you can access on your own. There are topics such as depression, addictions, sleep, anxiety issues. All these types of topics that we have been talking about today, there are those great robust online programs that you can access for free through our website. I did want to make note of that as well.

We have our exit poll question up here. It reads, please rate your overall satisfaction with today's webinar. The responses are says -- very satisfied, satisfied -- satisfy, dissatisfied, very dissatisfied. If you can just register response, just rest assured, you click that button one time. Your response will be registered. It may not always feel that way on the user and. If you click that one time, it will register response. All right. I will wrap it up. I want to thank everybody. I want to especially thank Allison. Thank you so much, Allison, for bringing us your expertise today in sharing your experience and insights with us. We appreciate you so much for that. I also want to thank everyone on the call today for taking time out of your busy day to attend today's webinar. I did not mention earlier, you can download this certificate of completion to download. You can click on that document and highlight it. You could follow the download directions from there. All right. So this concludes our webinar today.

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