

# Mental Health Toolkit

According to the Centers for Disease Control and Prevention (CDC), more than half of Americans will receive a mental illness or disorder diagnosis at some point in their life. In this toolkit you'll find resources to help you recognize and understand mental health conditions and learn ways to manage your mental health and wellbeing.

## Understanding mental illness and disorders

- [Are You Struggling with Depression?](#)
- [As Seasons Change: Understanding and coping when depression sets in](#)
- [Bipolar Disorder](#)
- [Living with Mental Illness](#)
- [Understanding and Managing Anxiety Disorders](#)
- [Understanding and Managing Postpartum Depression](#)



## Mental health and wellbeing

According to the World Health Organization (WHO), “good mental health is related to mental and psychological wellbeing.” The following resources will provide tips:

- [Breathe - Managing Stress](#) (audio recording)
- [Emotional Fitness](#) (article)
- [Four Pillars of Mental Fitness](#) (article)
- [My Health and Wellness Vision Statement](#)
- [Practicing Mindfulness](#) (article)
- [Relaxation Tips to Help You Beat Stress](#) (article)
- [Setting Life Priorities: Figuring Out What Is Important to You](#) (article and planning tool)
- [Taking a Purposeful Pause](#) (podcast)
- [Understanding Different Types of Meditation](#) (article)
- [Using Progressive Muscle Relaxation to Ease Stress](#) (article)



## Mind/body connection

Improving your mental health means striving for physical, emotional, and psychological wellbeing. Learn how mental and physical health go hand in hand.

- [Getting a Good Night's Sleep](#) (article)
- [How Staying Active Helps WellBeing](#) (infographic)
- [Mind-Body Balance](#) (article)
- [The Effects of Positivity on Brain Health](#) (article)





## Support for yourself and loved ones

- [Culture of silence: Overcoming the cultural barriers of mental illness](#) (article)
- [Discussing Your Mental Health Issue](#) (article)
- [Helping Your Loved One Lift the Stigma of Mental Illness](#) (article)
- [Managing Stress](#) (article series)
- [Overcoming Anxiety](#) (podcast)
- [Taking Control of Your Chronic Condition](#) (article)



## Mental health at work

- [Recognizing Depression at Work](#) (article)
- [Talking with Your Manager about Your Health and Work](#) (article series)

## Mental health for managers

- [Making a Referral to the Assistance Program](#)
- [Managing a Mental Health Issue in the Workplace](#) (Audio audio Tip)
- [Managing an Employee Who May Be Depressed](#) (article series)
- [Managing an Employee with a Chronic Health Condition](#) (article)
- [Recognizing Signs of Stress and Overload](#) (Audio audio Tip)
- [Ways to Support Employees Who May Be Overloaded or Under Stress](#) (article)

## Understanding variations in cognitive functioning

- [What is Neurodiversity?](#)
- [Supporting Neurodiversity at Work](#)
- [Working When Neurodivergent](#)



## Getting help

- [Choosing a Counselor or Therapist](#)
- [Getting Help for Depression](#) (podcast)
- [Understanding How Assistance Programs Work](#) (article)
- [Using a Support Group](#) (article)

## Resources

[National Institute of Mental Health](#), a US agency for research on mental disorders which provides information on a number of mental health topics and how to get help.

For **immediate support** if you or a loved one are in crisis, contact local emergency services, 911, or the [988 Suicide & Crisis Lifeline](#), formerly known as the National Suicide Prevention Lifeline, by dialing **988** (or 1-800-273-8255).

If mental health issues are causing you distress and interfering with your daily life, don't hesitate to seek help. Talk with your doctor, mental health professional, or your assistance program for guidance and support. Also, see the **Support & Resources** page on this site to access help and support from this program.

© TELUS Health 2024



