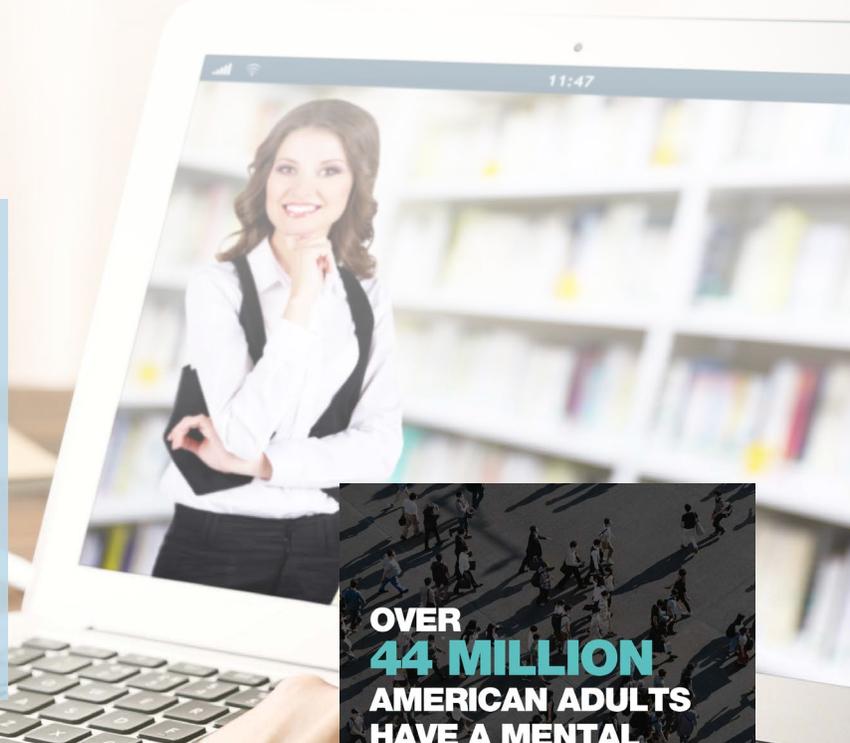


Checking in on Behavioral Health

Follow-up Guide

May is Mental Health month. Encourage your workplace to #checkin. Find this helpful toolkit at bcbsm.com/engage (scroll down the page).



National Scope of Behavioral Health

- The U.S. loses \$193 billion in earnings per year due to serious mental illness
- 1 in 25 Americans lives with a serious mental illness
- 1 in 5 Americans will experience a mental illness in a given year
- Employees suffering from these conditions may accumulate 2-4x more medical claims and 6x more emergency room visits than employees without these conditions

Source: American Diabetes Association, CDC.gov, American Heart Association

What to say

How to interact with someone struggling with their mental health

Do

- I care about you and want to help.
- You are important to me. Your life is important to me.
- Tell me what I can do now to help you.
- You are not alone in this. I'm here for you.
- Talk to me. I'm listening.
- We will get through this together.

Don't

- We all go through time like this.
- You have so much to live for.
- Why do you want to die?
- What do you want me to do?
- I can't solve your situation.
- You'll be fine. Stop worrying.
- Here's my advice...
- What's wrong with you?
- Shouldn't you be better by now?



What Employers Can Do

- Remove the stigma attached to behavioral health issues
- Choose and promote an employee assistance program (EAP) for early intervention
- Educate employees with tools and resources available
- Provide diversity training
- Promote wellness and overall workplace well-being
- Contact your Blue Cross representative for more information

Learn more with additional resources

- MiBluesPerspectives: [Children and ADHD: Signs and Symptoms You Should Know](#)
- Bcbs: [The Impact of Attention Deficit Hyperactivity Disorder on the Health of America's Children](#)
- MiBluesPerspectives: [Virtual Webinars](#)
- MiBluesPerspectives: [Tips for Getting Stress and Anxiety Under Control](#)
- MiBluesPerspectives: [Promoting Suicide Awareness and Prevention in the Workplace](#)