Mental health includes emotional, psychological, and social well-being. It affects how we think, act, feel, make choices, and relate to others. Mental health is more than the absence of a mental illness—it’s essential to your overall health and quality of life. Self-care can play a role in maintaining your mental health and help support your treatment and recovery if you have a mental illness. (www.nimh.nih.gov)

Have you been thinking about how to improve your self-care? Below are just a few examples of the useful tools found on your Member Portal at www.allonehealtheap.com to help you decide where to begin! (See the login instructions at the bottom of the page.)

**Health & Lifestyle Assessments**

Our surveys are designed to provide quick assessments and give you helpful information focused on your specific needs.

Our online assessments are completely confidential. Your results will be available only to you.

- Depression
- Anxiety
- Gambling

- How Resilient are You?
- Happiness
- Alcohol Use - Female
- Alcohol Use - Male

**Soft Skills Courses**

Taking the time to build effective soft skills can contribute to a more efficient, more harmonious, and more productive workplace, as well as to your own overall job happiness and satisfaction.

Our online courses are completely confidential.

- Stress Management
- Increasing Your Happiness
- Assertiveness And Self-Confidence
- Mindfulness

Call your AllOne Health Employee Assistance Program. We’re glad to help!

508-990-0777

Go to www.allonehealtheap.com & click on “Member Portal & App

First time on the Portal? Get started with your Company Code: newbedford