



May is Mental Health Awareness Month

The UNC System cares about your mental health. That's why we provide confidential mental health resources, such as the Employee Assistance Plan (EAP) offered through ComPsych and the Ginger Emotional Support app*. This email provides reminders about what these resources offer and how to access them as well as information about the nationwide Suicide and Crisis Lifeline. We encourage you to take the time to reflect on your mental health this month and every month—and to use the resources available to you when you are in need.

IN DISTRESS? CALL OR TEXT 9-8-8

The nationwide Suicide and Crisis Lifeline (9-8-8) was introduced in July of 2022 to provide an easy-to-remember three-digit number for accessing free and confidential mental health support anytime, 24/7. Since it was launched, callers from North Carolina continue to increase month after month.

If you or a loved one are having thoughts of suicide, experiencing a substance use crisis, or any kind of emotional distress, call or text 9-8-8 to get immediate help.



Click [here](#) to learn about the 9-8-8 hotline in North Carolina and how the state is looking to open up a new type of line to offer additional support.

STRUGGLING WITH A MENTAL HEALTH ISSUE? YOU'RE NOT ALONE



1 in 5 adults **experience mental illness** each year¹



Less than 1/5 of those adults that experience mental illness **get treatment**¹



1 in 6 children aged 6-17 **experience a mental health disorder** each year¹

¹ National Alliance on Mental Illness

Our EAP Is Here for You 24/7

If you find yourself struggling with personal and work-related problems, the EAP is a great resource. It offers confidential counseling, online resources, and referrals for things like child/elder care and home repair. Each UNC constituent institution has an assigned EAP phone number. Go [here](#) and scroll down to the contact chart to get the right number for you. Your initial consultation will be free and most UNC institutions provide additional free consultations. You can access online resources via [Guidance Resources](#). Just as you have an assigned phone

number, you also have an assigned Web ID (go [here](#) and scroll down to find yours). **Your use of the EAP is completely confidential so you can rest assured that everything you share will be kept strictly confidential.**

Don't Forget About Ginger!

If you need more emotional and mental health support, the Ginger Emotional Support app is here to help! It provides convenient access to three components of care:

Behavioral Health Coaching:

Chat via text with a trained behavioral health coach within seconds anytime, 24/7/365

Therapy & Psychiatry:

Meet with a licensed therapist or psychiatrist via video on weekends and evenings

Self-Care Library

Access free self-care library with more than 200 clinically validated resources

There truly is something for everyone—and Ginger will meet you where you are to provide confidential, compassionate care. Don't forget, dependents age 18 and older can use Ginger too! It's not just for those who are struggling; it also offers resources like the live workshop highlighted below that anyone can benefit from.

Join Ginger for a Live Workshop on May 18

Better Together: Boost Your Well-Being With Meaningful Connections

Session 1: 9 a.m. PT / 12 p.m. ET / 5 p.m. CET

Session 2: 5 p.m. PT / 8 p.m. ET / 1 a.m. CET

This is a great opportunity for all UNC employees to start taking advantage of what Ginger offers and learn why a sense of belonging is important for your mental health. Join to get tips for how to connect with others and discover tools for healthy communication, like empathy, active listening, and more!

[Register now](#)

HAVEN'T DOWNLOADED THE GINGER EMOTIONAL SUPPORT APP, YET? FOLLOW THESE INSTRUCTIONS TO GET IT TODAY

1. Download the **Ginger Emotional Support app** from [Google Play](#) or the [App Store](#).
2. In the app, tap on "create account" and "my organization."
3. You'll be prompted to enter some basic information about yourself.



Then, you're all set to access care! Follow the in-app instructions to navigate to the care you need.

** You are receiving this communication as your institution is participating in the Ginger program. Not all UNC constituent institutions elected to participate in Ginger at this time. Please contact your Human Resources Department for additional information.*

childcare/
eldercare

family
issues

anxiety/
stress

finances

If it matters to you, it matters.

health

*Resources to help you support your
well-being and build resilience.*

depression