

Helping you

CLINICAL • **ADVOCACY** • **RELATIONSHIPS** • **EMPOWER**

SPRING ISSUE • APRIL 2024

The health topic for April is mental health.

This month, you'll find information to support members in caring for their mental health and identifying signs of depression and anxiety.

You'll also find other wellness-related links to share with your employees.

Get in touch with UMR if you have any questions or want additional resources.

Mental health resources

You can use the links below to download this month's PDFs to print and display in your workplace. Or you can pass them along digitally to your employees via email or your intranet.

[Come up for air](#) [Spanish](#)

This flyer informs members of warning signs that may indicate they are over-stressed or becoming depressed and links to a depression self-assessment.

[Mindful awareness](#) [Spanish](#)

This flyer provides information about how being in the present moment can impact your health. It also gives information about using the STOP method to re-center yourself.

These additional article links can help your employees with their mental health:

- [What is mental health?](#)
- [Mental health information](#)
- [Caring for your mental health](#)
- [Help for mental illnesses](#)
- [Office on Women's Health: Mental health](#)
- [National maternal mental health hotline](#)
- [Military Health System mental health hub](#)
- [U.S. Department of Veterans Affairs: Mental health](#)

Healthy recipes

- [Apple Cinnamon Bars](#)
- [Strawberry Banana Parfait](#)
- [Simple Green Smoothie](#)
- [Fruit Pizza To Go](#)
- [Skinny Pizza](#)
- [Chickpeas and Spinach Sauté](#)
- [Meatloaf in a Mug](#)
- [Mozzarella Chicken with Garlic Spinach](#)

Mental health awareness

Men and women can experience depression in different ways. Encourage your members to understand the particular signs for each gender by sharing these flyers:

[Symptoms of depression in men](#)

[Symptoms of depression in women](#)



Healthy You magazine

UMR sends a monthly digital newsletter directly to members with information about what's in the latest issue of *Healthy You* magazine. You can also post a link to the magazine on your intranet site or share specific articles that might interest your employees. This month we're promoting these articles:

[How to have fun without alcohol](#)

It can be tricky to be a non-drinker in social situations. Here are some ideas for navigating sobriety.

[Dangers of distracted driving](#)

Distracted driving is becoming more common. Find out how to steer clear and stay safe on the road.

[Your guide to breathing easy](#)

As temperatures warm up and you spend more time outside, it's important to pay attention to the Air Quality Index (AQI), especially if you have a condition that makes you more vulnerable to poor air quality.

Find the entire [Spring issue here!](#)