

Taking care of your mind is just as important as taking care of your body. To do both well requires living a healthy lifestyle, paying attention to how you feel, and doing simple things to take care of the whole you.

This month, we have an opportunity to evaluate and better understand our emotional well-being. Mental Health America and affiliates began *May is Mental Health Month* in 1949 to increase awareness that mental health is something we all should be concerned about. The organization's [Outreach Toolkit](#) provides tools we can all use to improve our mental health.

In addition, Montgomery County Public Schools (MCPS) and its medical insurance partners have excellent resources for physical and mental health needs. Both medical plans offer video visits too, which make mental health care more accessible to us. Whether you are a member of Cigna or Kaiser Permanente, you will find your options below:

Kaiser Permanente:

- [Mental Health Resources and Tools](#): If you're looking for support, you're not alone. Millions of people seek mental health services every year. Kaiser Permanente offers many options for members with mental, emotional, and addiction issues.
- [Calm](#): The number one app for meditation and sleep that is designed to help lower stress, reduce anxiety, and more.
- [myStrength](#): This is a personalized program that helps you improve your awareness and change behaviors. Members can explore interactive activities, in-the-moment coping tools, community support, and more.
- [ClassPass](#): Unlimited on-demand video workouts (4,000+), reduced rates on livestream and in-person fitness classes and partnered with 30,000 gyms and studios around the world, giving members access to a range of classes including yoga, dance, cardio, boxing, Pilates, boot camp, and more.
- Health Classes and Programs: Kaiser Permanente members can sign up for in-person, over-the-phone, and online wellness programs and classes taught by a team of experts and designed to help you achieve your health goals.
- [Self-Care Resources](#): Explore a broad range of self-care resources, including apps, audio activities, articles, and more, which are designed to help you thrive in mind, body, and spirit.
- [Video visits](#)

Cigna:

- [Mental Health Support](#): Cigna members have access to behavioral health providers.
- [Lifestyle Management](#): Lower your stress levels with a Cigna lifestyle management program.
- [Video visits](#)
- [MyCigna.com](#): Login to MyCigna.com for a variety of mental health and wellness apps and tools.

A number of MCPS and community resources also are available for meeting the needs of your physical and mental health. The following list will help you continue your journey toward being well in both ways:

Find Your Words: Discussing depression can be challenging. Find the right words to say that can help, along with tools to recognize signs of depression in others.

Support Groups: The National Alliance on Mental Health (NAMI) works to educate, advocate, listen and lead to improve the lives of people with mental illness and their loved ones.

MCPS Employee Assistance Program (EAP): With the ongoing global health crisis and recent events in our country, many of us are finding ourselves increasingly stressed about our health, racial injustice, and the economy. Please know that in these unprecedented times, the EAP is available to support you and your family. We are offering telephone counseling, video conferencing, direct email communication, and relevant webinars. Please know that you are not alone and feel free to contact us for confidential, no cost counseling.

Mindful Moments: MCPS TV has created a series of mindfulness videos to deliver simple and effective tools to help children and adults of all ages manage anxiety and stress.

MCPS Well Aware Toolbox: Well Aware, the MCPS employee wellness program, has launched a web page with many resources to help staff adjust to the return to schools and offices. These tools include physical and mental health resources, lists of free exercise and mindfulness classes, links to resources for improving sleep, nutrition, and more.