



Mental Health Awareness Month

Mental health is an essential part of our overall well-being. It affects how we think, feel, and act, shaping our daily experiences and how we cope with life's stressors. Just as we prioritize our physical health, caring for our mental well-being is equally important.

Each year, 1 in 5 U.S. adults experience a mental health condition. Mental Health Awareness Month is an opportunity to raise awareness, reduce stigma, and encourage open conversations about mental wellness—because no one should face life's challenges alone.

Support Is Available

At Southern Land Company, your mental health matters. Below are a few resources available that provide **confidential** mental health support for you and your families.

GuidanceResources – Employee Assistance Program (EAP)

Eligible employees and dependents have access to GuidanceResources at **no cost**. This program offers professional support for behavioral health, including help with emotional challenges or substance abuse concerns. You and your dependents have access to **(6) face-to-face or telephonic sessions** per year with a licensed counselor. All services are entirely confidential. For more information, call **800.311.4327** or visit **www.guidanceresources.com** and enter the Web ID: **GEN311** to get started.

24/7 Nurse Line – BCBS of TN*

Nurses are available every day, around the clock, to support you whenever you need it. You can speak with a nurse for a wide variety of reasons, such as inquiring about going to the ER or urgent care for a symptom you are experiencing. Call **1-800-818-8581**, ext. 1 or chat with a nurse online at **bcbst.com**.

AbleTo – Digital Behavioral Health Platform – BCBS of TN*

AbleTo is an app-based program to support your mental health. Programs include one-on-one coaching, virtual therapy, or a combination of both. Costs vary based on your medical plan coverage and the program you choose.

For more information on these resources click **[HERE!](#)**

**You must be enrolled in Southern Land's medical plan*

Public Mental Health Resources:

- Depression Bipolar Support Alliance: **800.826.3632**
- International Foundation For Research and Education on Depression (iFred)
- National Institute of Mental Health: **866.615.6464**
- Mental Health America! (MHA) – **800.969.6642**

Check in with yourself

Ask how you are feeling emotionally and physically. A simple pause to reflect can help you catch stress early, clear your mind, and prioritize what you need in the moment—whether it's rest, connection, or movement.

