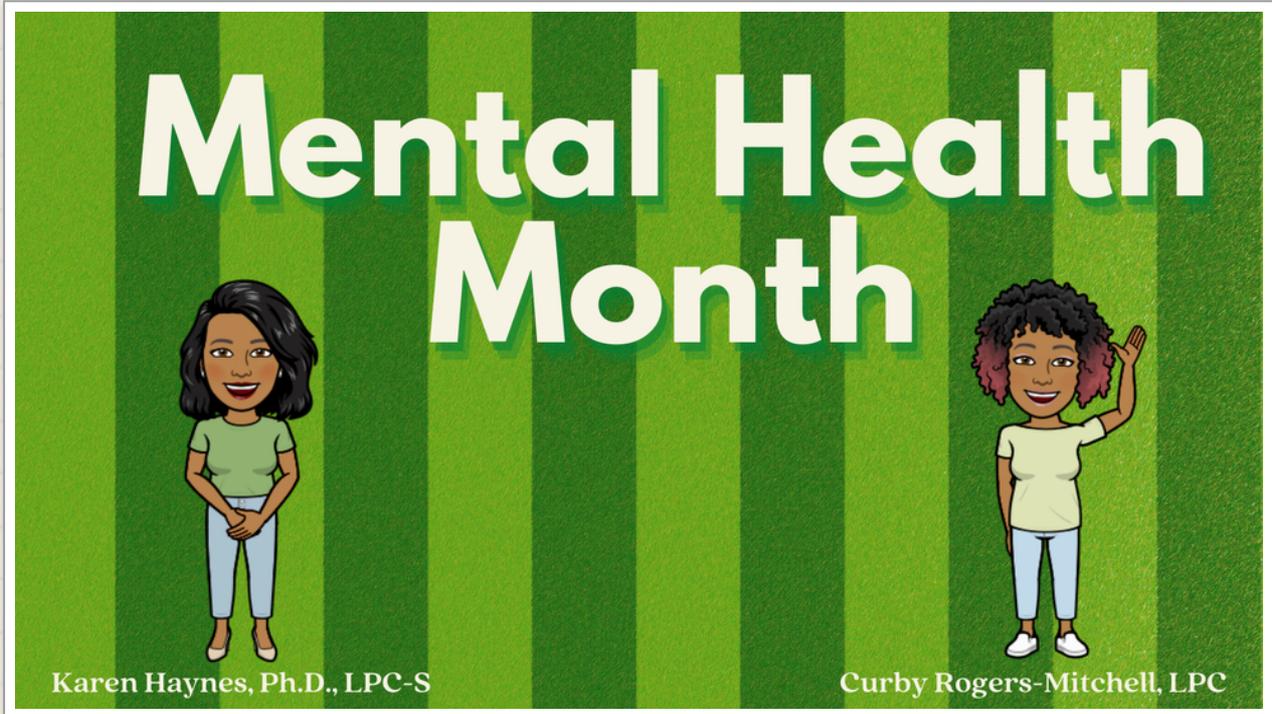


Wellness Wednesday

MAY 4, 2022



Karen Haynes, Ph.D., LPC-S

Curby Rogers-Mitchell, LPC

This week for Wellness Wednesday, we will be exploring Mental Health Month, which is celebrated annually in the month of May!



#Together4MH

TOGETHER
for Mental Health

Learn more:
nami.org/together4mh

This year the National Alliance on Mental Illness will be focusing on the message “Together for Mental Health”.

The goal of this message is to use the communities voice to advocate for mental health needs and resources throughout the U.S.

MORE ON MENTAL HEALTH MONTH

Each year millions of people worldwide face the reality of mental illness. During the month of May, NAMI (National Alliance on Mental Illness) joins the national movement to help fight the stigma associated with mental illness.



Have you heard of the NAMI walk? The NAMI walk will be taking place in Houston on May 21, 2022.

The goal of the NAMI walk is to be a visual representation of how important it is to support those struggling with mental illness and support the organizations that are fighting every day to help individuals heal.

The NAMI walk of Greater Houston will take place at Sam Houston Park at 8:30 am! If you would like to register, please see the link below.

[NAMI Greater Houston - 501 \(c\)\(3\) Nonprofit - You are not alone!](#)

LISTEN TO LEARN

NAMI will be sharing personal stories of individuals that have experienced mental health struggles. It can be extremely inspirational and informative to hear from others directly impacted.

The link below will lead you to some of those impactful personal stories.

<https://nami.org/Personal-Stories>

STOP & THINK

**WHAT IS SOMETHING THAT
YOU HAVE ALWAYS WANTED
TO LEARN OR UNDERSTAND
ABOUT MENTAL HEALTH?**



MENTAL HEALTH AMERICA

MHA is another organization that is driven by ending the stigma associated with mental health. On the MHA website, there are so many resources on mental health conditions, resources in your area, toolkits, and more.



<https://www.mhanational.org/mental-health-month>

UNITED

Houston, TX has so many resources to get you involved in understanding your own mental health.



THE HARRIS CENTER
FOR MENTAL HEALTH
AND IDD



HOUSTON
BEHAVIORAL HEALTH
LLC



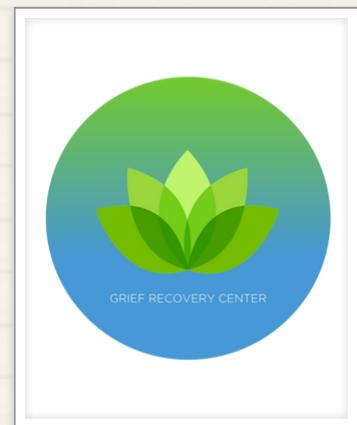
EDIFY BEHAVIORAL
HEALTH SERVICES



HOPE AND HEALING
CENTER AND
INSTITUTE



BO'S PLACE



GRIEF RECOVERY
CENTER

MAY _____
THE 4TH
_____ BE WITH
YOU

On behalf of the Student Support and Social Services Departments, it has been a pleasure to provide the Galena Park family with weekly Wellness Wednesday information for the last two school years.

At this time, we will be charging our Galena Park family to access the archived Wellness Wednesday presentations to learn more, beginning June 1, 2022.

It has been an honor to serve you all in this way.

Remember, you can always Chat with a PRO!

WELLNESS WEDNESDAY ARCHIVES

EMPLOYEE ASSISTANCE PROGRAM

Galena Park ISD Employee Assistance Program

EMPLOYEE ASSISTANCE PROGRAM (EAP)



ComPsych® GuidanceResources®
 Contact Us... Anytime, Anywhere
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Confidential Emotional Support
 Our highly trained clinicians will listen to your concerns and help you find your best solutions with the latest coaching, family, depression, stress, grief, loss and life adjustments. [Learn more about our services.](#)

Work/Life Solutions
 Our specialists provide qualified referrals and resources for just about anything on your to-do list, such as:
 • Finding a new job
 • Finding a new home
 • Finding a new school
 • Finding a new car

Legal Guidance
 Ask us for assistance for practical assistance with your most pressing legal needs, including:
 • Divorce, alimony, family law, wills, trusts and more
 • Estate planning
 • Child support, custody, visitation and more
 • Workers' compensation and ERISA
 • Medicaid and more

Financial Resources
 Our financial experts can assist with a wide range of issues:
 • Ask us about:
 • Retirement planning tools
 • Retirement, mortgage, insurance
 • Budgeting, credit, bankruptcy assistance
 • Family education

Online Support
 GuidanceResources Online is your 24/7 link to vital resources, tools and support. It's free!
 • Articles, podcasts, videos, webinars
 • On-demand coaching
 • Ask the Expert™ personal responses to your questions

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24/7 Support, Resources & Information

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Comuníquese con nosotros
 Ofrecemos un apoyo confidencial para los empleados 24/7.

Apoyo emocional confidencial
 Nuestros expertos escuchan sus preocupaciones y le ayudan a encontrar la mejor solución para su problema, como:
 • Estrés
 • Depresión
 • Duelo
 • Pérdida y adaptación a la vida
 • Cambios familiares y laborales

Soluciones para el trabajo y la vida personal
 Nuestros especialistas ofrecen referencias y recursos para casi cualquier cosa que necesite, como:
 • Encontrar un nuevo trabajo
 • Encontrar un nuevo hogar
 • Encontrar un nuevo coche o vehículo
 • Encontrar un nuevo seguro
 • Encontrar un nuevo coche o vehículo
 • Encontrar un nuevo seguro

Asesoramiento legal
 Pídanos un consejo experto en el momento de su mayor necesidad legal, como:
 • Divorcio, pensión, familia, leyes, testamentos y más
 • Planificación de sucesiones, seguros
 • Responsabilidad civil, seguros
 • Explotación de propiedades, seguros, lesiones y más

Recursos financieros
 Nuestros expertos financieros pueden ayudar con una amplia gama de temas, como:
 • Planificación de jubilación
 • Planificación de sucesiones, seguros
 • Responsabilidad civil, seguros
 • Explotación de propiedades, seguros, lesiones y más

Apoyo en línea
 GuidanceResources Online es su enlace 24/7 para obtener información vital, herramientas y apoyo para sus necesidades.
 • Artículos, podcasts, videos, webinars
 • Respuestas personalizadas a sus preguntas

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EAP ENGLISH FLYER

CHECK THESE OUT!

EAP SPANISH FLYER



Wellness Wednesday

We would love to hear your Topic Suggestions & Feedback

Are there topic suggestions you would like to see discussed?

[Click to Submit](#)

CLICK TO SUBMIT



Chat with a PRO



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