Mental health refers to our emotional and social well-being and impacts how we think, feel and behave. It plays a role in connecting with others, making decisions, handling stress, and many other aspects of daily life. Everyone has mental health, and it deserves your attention just as much as your physical health does.” Mental Health America

UVM Employee Resources

Invest EAP 1-866-660-9533
Headspace App  Try the May challenge Worksheet
BCBSVT Medical Insurance - Amwell app

Additional Mental Health Resources

National Suicide Prevention Lifeline 1-800-273-TALK(8255)
Veterans Crisis Line 1-800-273-8255 Press 1 or Text 838255
Vermont Crisis Text Line Text “VT” to 741741
Trans Lifeline 1-877-565-8860
Vermont 2-1-1 call ‘211’

Reach out and talk, encourage a friend to call and talk, normalize it

Financial Workshops - Hosted by NEFCU

Home Buying- The Summer Season 5.18.22
Using Technology for Better Money Management 5.19.22
Helping Aging Parents Adapt to Change 5.25.22
UVM EMPLOYEE WELLNESS OPPORTUNITIES – May & June Highlights continued...

**UVM Employee Wellbeing Workshop Series**
Register here

60-minute workshops:
Joy Workshop – May 4th 11:30am

**Green Up Day**
Saturday May 7th
A unique Vermont event to be involved in cleaning up your community, find your town details here.

**Blue Cross Blue Shield of Vermont** – Living Well in 2022
Brain Health Wellness Campaign – a self-guided resource

Mountain Days – Virtual Event May 7-21st - chance to win Vermont State Parks passes by sharing photos of your outdoor adventures

**HealthyCare90**
NEW Participants: A Comprehensive 13-week program designed to provide education to enrich your life and help you become healthier. May 25th – August 20th, Wednesdays at 12 noon, Virtually, cost $25 with UVM BCBSVT insurance

Registration and/or questions: genavix@edgevt.com, 802-951-2320

**EPIC Wellness Chiropractic**
On campus care every other Tuesday – May 17 & 31, June 14 & 28 & beyond
Book online, new & returning patient’s welcome

**UVM Campus Rec Employee Wellness Classes**
Offered by UVM Employee Wellness, taught and managed by UVM Campus Rec. Sign up details here, through IM Leagues. June & July will offer Remote Yoga twice a week!

For more information, please visit the UVM Employee Wellness website at www.uvm.edu/hrs/wellness and join our list serve to receive the latest news.