

# Coffee & Chat



**Level Up**  
Elevate your total wellbeing.

OHRM Office of Human Resources Management



[Register](#) for the June **Coffee & Chat** and join us on **Wednesday, June 1 at 9 a.m.**

- Next month's Coffee & Chat will kick off the Summer of Wellness Campaign!
- You don't want to miss the official virtual launch party for [BurnAlong!](#)
- So be sure to register, grab your warm cup, and tune in for next month's segment.

## Seize the Year!

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## May is Mental Health Awareness Month

As Behavioral Health is one of [Level Up's](#) five dimensions, we want to encourage you to nurture your mental and emotional health. We've been living and working through unprecedented and challenging times and it's taken a toll on everyone's mental health. Some can manage through the stress, while others may need more support. Now more than ever, it's important to learn the signs for when to get support.

### Talk often

Be open and honest about your mental health with the people in your life, especially your doctor. Starting the conversation now can make it easier to reach out if the way you're feeling gets in the way of your daily life. The sooner you talk about it, the sooner you can find relief.



### Know the signs

Managing symptoms early can protect you from developing more serious conditions. Doing activities to tame stress – like exercise, yoga, or meditation – can help in the moment. It's okay to take a mental health day and give your mind and body time to recover.

### Reach out to your doctor

If you're having loss of joy or interest in usual activities, difficulty sleeping, or concentrating, or extreme mood changes, it's time to reach out to your doctor.

Evidence based treatments like individual or group therapy, and medications are all options that might be right for you.

## Mental Health Awareness Month Webinars:

### Register Now

Elevate your total well-being! [Browse the offerings and sign up today!](#)

### Weekly Winners

***Everything is better with prizes, right?***

Here are the winners for Week 1:

- **Apple AirPods:** Trisha Case ~ Fire/EMS Department
- **\$50 Gift Card:** Cedric Moore ~ Office of Central Services

Each week, Level Up will raffle off **two items:**

- **Apple AirPods**
- **\$50 Gift Card**



**To be entered into the random drawing each week, you must register and attend at least one (1) webinar scheduled for that week.** Prize winners will be announced during the weekly Wellness Wednesday articles. Prizes will be distributed at the end of the month.

## Additional Resources

- [iPrevail](#) & [Happify](#) for Cigna members
- [Ginger](#) & [Calm](#) for Kaiser Permanente members
- [INOVA Employee Assistance Program](#)
- [National Alliance on Mental Illness](#)
- [Centers for Disease Control and Prevention](#)
- [Free webinar](#) sponsored by Cigna – open to all employees

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