

HEALTH BENEFITS E-NEWS

*Department of Human Resource
Management
Office of Health Benefits*

May 13, 2022

May is Mental Health Awareness Month

Understanding and dealing with mental health is just as important as for physical health. May is National Mental Health Awareness Month and a good time to focus on and raise awareness of the importance of mental health and its impact on the physical, emotional and total well-being of health plan members and their families.

All of the Commonwealth's health plans offer behavioral health and Employee Assistance Program/EAP benefits to help members living and dealing with mental and behavioral health issues. Please encourage health plan members to learn more about all the available health plan benefits and programs related to mental health benefits and resources.

More information may be found in [these individual flyers](#) and on the health plan websites.

Please do not reply to this e-mail. You may send inquiries to the Office of Health Benefits mailbox at ohb@dhrm.virginia.gov