



A global pandemic creates increased stress for everyone. We have all been affected, though in different ways and on different time schedules. As individuals, a community, and a broader society, we will continue to have ups and downs. Recognizing this is important to maintaining well-being, and also to identifying when we might benefit from extra support. **May is Mental health Awareness Month, and offers an opportunity to focus increased attention on the many benefits of utilizing mental health services.**

In times of increased distress, it can be difficult to recognize symptoms in ourselves. As a result, obtaining objective feedback is key. If you are wondering about your current state of mental health, or concerned about a friend, family member, or colleague, it may be helpful to **complete a free, anonymous, online self-assessment**. Here are several resources that may be useful to you:

Online Screening for Clinicians

- Complete a self-assessment screening for common mental health concerns here: <https://screening.mentalhealthscreening.org/hyho>
- Complete a physician well-being and burnout assessment here: <https://www.psychiatry.org/psychiatrists/practice/well-being-and-burnout/assess-yourself>
- Complete the Mayo Well-being Index here: https://www.mywellbeingindex.org/assess?utm_campaign=Well%20Being%20Index%20Announcements&utm_source=hs_automation&utm_medium=email&utm_content=43832227&hsenc=p2ANqtz-958hJRb_WHmbzIFohFdU40OZXDmr643Es5cgRSIqReHUs4Xb-8dqVTZ0aQ-C5qap2ok668kDAzof_n1MW0YtZhht8WRg&hsmi=43832227
- Complete online self-tests for various aspects of well-being here: <https://screening.mhanational.org/screening-tools>

Online Screening for Non-Clinicians

- Complete a self-assessment screening for common mental health concerns here: <https://screening.mentalhealthscreening.org/hyho>
- Complete online self-tests for various aspects of well-being here: <https://screening.mhanational.org/screening-tools>

Online Screening for Students

- Complete a self-assessment screening for 13 common mental health concerns here: http://www.ulifeline.org/ufi/self_evaluator
- Complete online self-tests for various aspects of well-being here: <https://screening.mhanational.org/screening-tools>
- Complete the Mayo Well-being Index here: https://www.mywellbeingindex.org/assess?utm_campaign=Well%20Being%20Index%20Announcements&utm_source=hs_automation&utm_medium=email&utm_content=43832227&hsenc=p2ANqtz-958hJRb_WHmbzIFohFdU40OZXDmr643Es5cgRSIqReHUs4Xb-8dqVTZ0aQ-C5qap2ok668kDAzof_n1MW0YtZhht8WRg&hsmi=43832227

It is also important to remember that virtually everyone can benefit from accessing mental health services. If you'd like to take advantage of free services available to you, now is the time to do so. *UF and UF Health employees are eligible for 6 free counseling sessions before June 30, 2020. Benefits reset on July 1, 2020 (allowing additional free sessions for the next academic year).* You can easily get connected to services by calling the UF Health Staff Telepsych Services center between 8:30 a.m. and 7 p.m. (7 days per week) at 352-265-5459 or email c19peersupport@shands.ufl.edu [provide your name, contact number, and best time(s) to receive a call back]. A licensed mental health professional will perform a quick screening and help you identify the service(s) that would be most useful and convenient for you.

UF employees who have GatorCare benefits are also eligible to use **TalkSpace confidential online therapy for free**. Information about accessing this service is listed below:



talkspace GatorCare
Your Partner in Health

THERAPY FROM ANYWHERE

GatorCare has partnered with Talkspace to provide free and confidential online therapy at no cost to GatorCare members 18 and older.

Talkspace provides online access to professional therapy via private messaging from a secure, HIPAA-compliant digital platform.
[Learn more and register at talkspace.com/gatorcare](https://talkspace.com/gatorcare)

Email gatorcare-support@talkspace.com to get help, share feedback, or voice a complaint. You will receive a response within one business day.

As a reminder, we have a **variety of other mental health resources listed on the UFCOM Wellness COVID-19 Resources page**, which can be accessed here: <https://wellness.med.ufl.edu/2020/04/01/resources-to-promote-well-being-during-covid-19-outbreak/#mental>

In addition, **this week—May 3-9, 2020—is Children’s Mental Health Awareness Week**. We are all learning how resilient children can be, as their lives have also been turned upside down. However, this situation has not been easy for them either. Changes to routines, missing out on time with friends and teachers, restricted access to communal play spaces, challenges associated with distance learning, and increased stress within the home from overstretched/overwhelmed parents can take a toll.

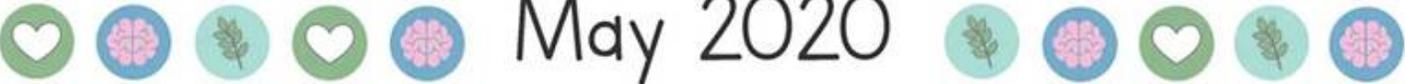
Many have been struggling with increases in difficult behavior and irritability in their children and teens during this unusual time. In this 2-minute video, Dr. Melanie Nelson discusses **how to invest 5-10 minutes per day to make significant improvement in your child’s emotional and behavioral health and well-being**:
<https://ufhealth.org/news/2020/promoting-positive-behavior-children-during-covid-19-crisis>

Those with teenage children know how hard this time of social distancing has been. Many teens are mourning the cancellation of important celebrations and milestones. **This brief article offers some suggestions on how to help teens cope with this unprecedented situation**: <https://ptaourchildren.org/helping-teens-cope-with-missed-milestones/>

As a reminder, we have a variety of **resources for parents to help their children cope with the COVID-19 pandemic** available on the UFCOM Wellness COVID-19 Resource page, which can be accessed here:

<https://wellness.med.ufl.edu/2020/04/01/resources-to-promote-well-being-during-covid-19-outbreak/#helping>

Finally, below is a **calendar of tips from the Mental Health Association of Maryland to focus on mental health throughout the month:**

 **May 2020** 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Children's Mental Health Awareness Week is May 3-9, 2020 Tips for Fostering Resilience in your Child					1 As a family, make a list of things you are grateful for!	2 Spend some time outdoors together, if possible.
3 Learn the facts about children's mental health!	4 Find a mindfulness activity for your family to do together.	5 Have a device-free day!	6 Stay hydrated and try to eat a balanced diet.	7 Wear GREEN for Children's Mental Health Awareness!	8 Keep your body moving even if remaining indoors.	9 Speak kindly to yourself and others.
10 Work on a family project together!	11 Help your child name the things that make them feel safe.	12 Ask for help.	13 Try to get a good night's sleep!	14 Feeling overwhelmed or frustrated? Take 10 deep breaths.	15 Have a family game night!	16 Start a journal. There are many ways of doing this!
17 Learn and practice new coping skills for stress and anxiety.	18 Keep up at your routine and schedules.	19 Spend time talking about your family's strengths!	20 Complete a random act of kindness!	21 Exercise your brain do a puzzle, craft, read, listen to music.	22 Reach out to friends and family! Call, email, send a letter!	23 Start a new project together as a family!
24 Encourage each other to practice self-care.	25 Practice active listening skills.	26 Keep doing your best!	27 Feelings are important! Write or draw about them!	28 Remain positive about the future. Make a list of things ahead!	29 Take 5 minutes to sit in the silence and just breathe.	30 Make uninterrupted time for each other.
31 Don't forget to say thank you and I love you!	The Children's Mental Health Matters! Campaign is a collaboration of the Mental Health Association of Maryland & the Maryland Coalition of Families with support from the Maryland Department of Health - Behavioral Health Administration. The Campaign goal, with School & Community Champions across the state, is to raise public awareness of the importance of children's mental health. For more information, please visit www.ChildrensMentalHealthMatters.org MHAMD: 443-901-1550 www.mhamd.org MCF: 410-730-8267 www.mdcoalition.org					

 **Happy - Healthy - Hopeful** 

Stay well,

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