



# BHS A.S.S.I.S.T. Spotlight

August 2022

Your EAP is a free and confidential service, which provides assessment and short-term counseling for a variety of mental health, substance abuse and work/life related issues. To learn more about your available benefits, contact your BHS Care Coordinator at 800.245.1150.



988: New Phone Number for People Facing Mental Health Crises

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Extending the Summer Holiday Feeling

[Click to Read Article](#) ▶



Helping Your Child Succeed in School

[Click to Read Article](#) ▶



Healthy Recipe  
Stir-Fry Chicken and Veggies

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## 988: New Phone Number for People Facing Mental Health Crises

Everyone deserves access to the support they need when they need it – and that includes mental health support. Available now, anyone facing a mental health crisis can call 988 and be connected to the National Suicide Prevention Lifeline.

The line is staffed with mental health professionals who can provide guidance and support. The phone line is staffed 24/7 and is free and confidential.

What happens when you call 988:

- ▶ You will be directed to your closest crisis center based on your area code.
- ▶ Once connected, the trained mental health professional will listen and help address the issue by providing support and resources.
- ▶ You will be connected to a backup location if your local center is unavailable.

Having concerns about your mental health is a common experience. It's time to make this kind of support just as common. This is why 988 is an easy three-digit phone number to remember. If you're ever feeling like you need help with a mental health or substance use crisis but are not sure how or where to start, dial 988 for a direct connection to compassionate, accessible support.

It's never too early – or too late – to seek help. In the U.S., the average amount of time between the onset of symptoms of a mental health condition or challenge and a diagnosis is eleven years. If you're facing a mental health crisis for the first time reaching out can help.

Lifeline and other hotlines work. Studies show that hotlines are effective in helping people who are experiencing thoughts of suicide or having a mental health crisis. 66% of people said that the chat intervention feature offered by the National Suicide Prevention Lifeline is helpful.

Mental health challenges and crises are widespread. This is why there are resources and support available for anyone facing mental health and substance use issues. If you or someone you know needs help, please do not hesitate to call 988 for assistance.

**Your Employee Assistance Program (EAP) provides free and confidential assessment and counseling services. If you are struggling with issues or have had suicidal thoughts, reach out to your BHS Care Coordinator to be provided with resources. BHS is available 24 hours a day, 7 days a week by calling 800-245-1150.**





## Extending the Summer Holiday Feeling

The transition of the season from summer to fall brings many changes, like shorter days and adapting to new routines, which can lead to some level of stress. However, even when summer comes to an end, taking time to focus on your well-being remains just as important. Try the following to help extend the exciting feeling of summer all year.

**Book a weekend trip.** Make plans for fun getaways in the fall to your favorite destinations locally or abroad. Find trips that will continue to keep you excited and give you something to look forward to. Weekend trips will give you and your family a chance to bond, and it will be a great way to get a break from a busy time at work or school.

**Prep your garden for the fall.** Summer may end in September, but you can still take advantage of the sunlight in growing and nurturing a garden in your backyard. Filling your garden with all-season plants and vibrant colorful flowers can brighten your mood. Research and prepare some new or traditional recipes with your freshly grown seasonal herbs and vegetables.

**Declutter, simplify, and organize your home.** Make more space by decluttering your home. Think about selling or donating unused items to a local charity or thrift store. Giving away unused items can be beneficial to you and can benefit your community.

**Make a reading list.** If you don't have time to read, audio books provide a convenient way of listening to your favorite stories while multitasking. Find a place that is quiet and free of interruptions, like your backyard, local park, or a quiet space in your home, to catch up on your reading.

**Practice meditation and mindfulness.** Meditation is a great yoga practice that will help individuals practice being mindful of their surroundings. This technique can help keep attention focused on the present moment. It is recommended to try meditating early in the morning to prepare your mind and body to tackle the day ahead.

**Detox your body with a healthy diet.** Focus on eating healthy meals with ingredients rich in proteins, good fats, vitamins, and minerals. A clean and healthy diet improves physical and mental performance.

**Create a scrapbook.** A scrapbook is not just for collecting pictures and items but creating a scrapbook can be very therapeutic and a lot of fun. While you create it you will surely start to remember those special moments again.

**Your Employee Assistance Program (EAP) offers a robust network of providers tailored to your specific needs and preferences. Call Behavioral Health Systems at 800-245-1150 to get started.**



## Helping Your Child Succeed in School

For children to be successful in school, parents must be actively engaged in their children's learning. Many studies show that parents' involvement in school is more important to their children's academic success than the parents' level of education or income. By showing interest in their children's education, parents can spark their children's enthusiasm showing them that learning both inside and outside of school is enjoyable and rewarding.

### Helping Your Child With Test Taking

- Encourage your child and provide praise for the things that he or she does well.
- Meet with teachers and ask for test preparation activities that you and your child can do at home.
- Provide a quiet place for studying and make sure your child is well rested on school days.
- Provide books and magazines for your child to read at home.

### Helping Your Child With Test Anxiety

- Plan ahead. Start studying for the test well in advance to avoid cramming the night before.
- Get a good night's sleep before the day of the test.
- On the day of the test, read all directions carefully before beginning work.
- Skip difficult questions and go on. If there is time at the end of the test, return to them and try again.

### Tips for Parents

- Encourage your child to read.
- Talk with your child. By having many opportunities to use and hear spoken language children are given a tremendous advantage, picking up the language skills they will need to do well in school.
- Monitor homework, and how much time children spend watching television, playing video games, and using the Internet.
- Encourage your child to be responsible and work independently. Make it clear that he or she has to take responsibility at home and school.

### HEALTHY RECIPE: 15 Minute Stir-Fry Chicken and Veggies

**Ingredients** 2 tbsp. olive oil • 1 lb boneless skinless chicken breasts, cut into ½-inch thick slices  
• 2 cups broccoli florets • 1 large zucchini cut into slices • 1 medium bell peppers cut into ½-inch slices • 1 medium yellow onion halved and cut into ½-inch slices 3-4 cloves garlic minced or crushed • 1 tbsp. Italian seasoning • 1 tsp. salt • ½ tsp. black pepper

**Instructions** • Heat 2 tbsp. oil in large skillet to medium, high heat. Add the chicken, veggies, garlic, and spices. Cook for 8-10 minutes, stirring occasionally until the veggies are soft and tender and the chicken is golden and cooked through. • Serve with rice, pasta or toasted bread

