**AM to Client**

Subject line: May is Mental Health Month – Help employees recognize and understand emotions

**May is Mental Health Month**

This year’s theme is ‘Recognizing and understanding emotions.’ Emotions influence how people react to events and situations. While it’s not always easy to recognize emotions, learning to understand them can help people build awareness of feelings and improve their ability to manage reactions and interactions with others.

The materials talk about different types of emotions, ways to identify and understand emotions, and how to use reason to manage emotional reactions.

The May Mental Health Month campaign toolkit provides your organization with a variety of tools and resources to help people recognize their emotions, understand why they are making them feel that way and apply reason to regulate their emotional response.

Please feel free to contact me if you have any questions.

**Client to Members**

Subject line: May is Mental Health Month – Learn how to recognize and understand emotions

**Mental Health Month**

‘Recognizing and understanding emotions’ is essential to help us build awareness of feelings and improve our ability to manage reactions and interactions with others. When you lose control of your emotions, you may do or say something you’ll regret later. Emotions can be overwhelming and

intense—it’s part of being human. But, you can learn to process your emotions and improve your self-regulation.

During Mental Health Month, we would like to remind you that your program provides a variety of emotional health and wellbeing resources and services to help you and your household members improve mental health and wellbeing.

Your program is available any time, day or night. You can use it as a resource for self-help tools, counseling, financial wellbeing and other life enrichment services that are free of charge and confidential to use.

Visit the member website [links to MagellanAscend.com or Member.MagellanHealthcare.com] today or call 1-800-xxx-xxxx for compassionate and caring support.