

**“EXTERNAL EMPLOYEE ASSISTANCE PROGRAM THAT WILL HELP YOU REGAIN CONTROL OF YOUR WELL BEING”.**



1 in 5 adults experiences a mental health condition every year. 1 in 20 lives with a serious mental illness such as schizophrenia or bipolar disorder. In addition to the person directly affected by a mental illness, the family, friends and communities are also affected.

Mental illness results from complex interactions between the mind, body and environment. Factors which can contribute to mental illness are:

- long-term and acute stress
- biological factors such as genetics, chemistry and hormones
- use of alcohol, drugs and other substances
- cognitive patterns such as constant negative thoughts and low self esteem
- social factors such as isolation, financial problems, family breakdown or violence

These factors can be minimized by a strong and supportive community environment.

NAMI – National Alliance on Mental Illness (2016) Retrieved May 18, 2016 from <https://www.nami.org>

**SOME OF THE MAJOR TYPES OF MENTAL ILLNESS:**

- \* ANXIETY DISORDER
- \* BIPOLAR DISORDER
- \* BORDERLINE PERSONALITY DISORDER
- \* DEPRESSION
- \* DISSOCIATE DISORDER
- \* EATING DISORDER
- \* GAMBLING
- \* OBSESSIVE-COMPULSIVE DISORDER
- \* POSTTRAUMATIC STRESS DISORDER
- \* SCHIZOAFFECTIVE DISORDER & SCHIZOPHRENIA
- \* Related Conditions

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**Our goal will be to give Referrals to Hospitals, Programs & Individual Qualified Health Practitioners**

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**(Personalize Approach)**  
**We will be there every step of the way**

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