



Healthy Saint Paul News

May Newsletter 2022

It can be uncomfortable to approach the topic of mental health, but here are a few tips to support a loved one. Talking to someone who you may be concerned about can make all the difference in whether they seek treatment and can aid in their recovery process.

- **Ask** – “How can I support you?”
- **Listen** – Pay attention and withhold judgement. Allow time for the individual to speak their thoughts and avoid offering advice unless requested.
- **It’s Okay to Talk** – Remind the individual that they have your full support.

Benefit Spotlight

MeQuilibrium: Discover simple techniques to build your resilience. Enroll at medica.com/cityofstpaul

Employee Assistance Program: Find online resources to help with everyday work and life challenges at LiveAndWorkWell.com. Use the access code “MEDICA”,
Optum Crisis Line: Call 800-848-8327, option 8

Sanvello: Rethink how you manage your behavioral health at no additional cost as part of your benefits. Upgrade to premium using your Medica information.



When to Call for Help

- In crisis, call **1-800-662-HELP (4357)** makeitok.org
- The Lifeline network is available 24/7 for you or loved ones in crisis, text **MN** to **741-741** or call **1-800-273 TALK (8255)** suicidepreventionlifeline.org
- Message on What’s App too, more details here: crisistextline.org
- **Starting July 16, 2022, 9-8-8 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Line.**
- Ramsey County also has resources, [click here](#) or call 651-266-7900



Share Your Wellbeing Journey

We are looking for City of Saint Paul employees who value wellbeing. There are multiple aspects of wellbeing: Physical, Social, Emotional, Financial, Career; think of the following when you share your journey. Your journey can inspire others, [we’d love to hear it.](#)



For more information, visit healthy.stpaul.gov