



Special Edition

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Stamp Out the Stigma



The Mental Health Declaration

WHEREAS, mental health is essential to everyone's overall health and well-being; and

WHEREAS, all Americans experience times of difficulty and stress in their lives; and

WHEREAS, prevention is an effective way to reduce the burden of mental illnesses; and

WHEREAS, there is a strong body of research that supports specific tools that all Americans can use to better handle their health and well-being; and

WHEREAS, mental illnesses are real and prevalent in our nation; and

WHEREAS, with early and effective treatment, those individuals with mental illnesses can recover and lead full productive lives; and

WHEREAS, each business, academic institution, government agency, healthcare provider, organization and citizen shares the burden of mental illnesses and has a responsibility to promote mental wellness and support prevention efforts.



Learn more about OEA and what services we offer on page 3.



The Three R's

Recognize

We must first **recognize** the high prevalence of mental illness and substance use disorders

Reeducate

Then **reeducate** ourselves, friends and family on the truths of mental illness and addiction

Reduce

When we do this, we can **reduce the stigma.**

The **STAMP OUT STIGMA** pledge is one way that we can jointly take a stand to embrace the need for mental health awareness, treatment and recovery.

Please join the FIU OEA in our **STAMP OUT STIGMA** Initiative by clicking here:

<https://stampoutstigma.com/pledge.html>

The **Three R's** is a simple and thoughtful approach toward stigma reduction and eventual eradication.

TALK ABOUT IT. CARE ENOUGH TO CHANGE A MIND.

Source: Association for Behavioral Health and Wellness®



Exploring Mindfulness

A 1-hr. lunch and learn workshop offered by the Office of Employee Assistance on:

Wednesday, May 11th at 12:00 am - 1:00 pm

Green Library 2nd Floor - GL-220

To register:

<https://professionaldevelopment.fiu.edu/>



“We Can
Help”

As much as we'd like to separate our work life from our personal problems, it is often difficult to do so. Without even realizing it, we may find that our mind wanders, we may miss work -- or when we are there, we're not really all there. That is why FIU created the Office of Employee Assistance.

You will be able to consult with an experienced clinician who will listen to your concerns, discuss and explore your options, and then work with you to determine a plan of action.

OEA provides many free and confidential services...

The OEA provides free and confidential professional assistance to help employees and their families resolve personal problems that affect their personal lives or job performance. The mission of the program is to enhance the quality of life of FIU faculty and staff; improve personal and organizational effectiveness; and create a healthier campus community by providing mental health assessments, brief interventions and/or referrals, group development facilitation, and educational and training programs. FIU faculty and staff and their immediate family members are eligible for services.

“Help is
Within
Reach”

Call (305)348-2469 or Click on www.oea.fiu.edu for assistance and resources.