



The resource below supports National Minority Mental Health Awareness Month (July), a time intended to raise awareness of the mental health challenges that racial and ethnic minorities face.

[National Minority Mental Health Awareness Month Flyer](#)

Continuing the mental health conversation, you might be surprised to learn that exercise can have profound effects on your mental health. Click the resources below to learn about the mental benefits of exercise.

[Mental Benefits of Exercise](#)

[Exercising Without Equipment](#)

[Small Steps to Get Moving](#)

In the resources below, we share some tips and tricks to help you make the most of your family vacation.

[Family Travel Tips](#)

[Healthy Travel Tips](#)

[Tips for Beating the Summer Sun and Heat](#)

Take advantage of the articles and videos below, which explain the importance of our GuidanceResources Employee Assistance Program.

[How your EAP can help: Preventing Burnout](#)

[How your EAP can help: Easing Anxiety](#)

[What to Expect When Reaching Out Video](#)

[Resilience in Stressful Times Video](#)