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Supporting a Loved One Living With a Mental Health Condition



Behavioral health conditions can influence our physical well-being. Our minds and bodies work as one. Dealing with mental health conditions can be taxing and overwhelming, particularly if you're trying to help a loved one cope with anxiety, depression or substance abuse. The good news is you don't have to go at it alone. Both Beacon Health Options EAP and California's Valued Trust offer resources to help. Here are some articles that you may find useful.

How to Help Someone Who Has an Anxiety Disorder

Supporting someone with an anxiety disorder is about listening, showing compassion and knowing where to start. Being sensitive about the loved-one's struggle is a good first step. Here are other ways to help.

Visit www.achievesolutions.net/cvt to learn more.

Dealing With Depression

Depression can mean different things to different people. Most of us feel "down" or "blue" at some point. However, when depression hangs on for a long time, it needs to be addressed because it is treatable.

Visit www.achievesolutions.net/cvt to learn more.

Substance Abuse: How to Keep Your Child Away From Drugs

One of the biggest worries a parent has these days is the fear that their child will be involved with drugs. And what do you do if they are already using alcohol or other substances? Can you drug-proof your child?

Visit www.achievesolutions.net/cvt to learn more.

Additional Resources for CVT Members



CVT has prepared a summary of mental healthcare resources that are available to its members. You can download a free copy.

Visit cvtrust.org/resources



Beacon Health Options Employee Assistance Program (EAP)

The professional counselors at Beacon Health Options EAP can help you and your family members. The service is provided at no cost to all CVT subscribers with medical coverage. Employees and their immediate family members can receive free, confidential support or information any time, day or night.

Call 877-397-1032 to speak with an EAP professional or visit www.achievesolutions.net/cvt to find more information.



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Healthcare Benefits for the Education Community