

A woman with dark hair, wearing a brown sweater, is hugging a child with dark hair from behind. The child is wearing a grey sweater. They are both smiling and looking down. The background is dark and out of focus.

AM I MOODY OR IS IT MORE?

## When Feelings Become More Than Just a Bad Day

**W**e all have rough days. Stress at work, disagreements with loved ones, or lack of sleep can make us feel irritable or drained. But when sadness, anxiety, or mood swings linger and interfere with daily life, it may indicate an underlying mental health condition. Recognizing when these feelings persist over time—and reaching out for support—can make all the difference.

This Mental Health Awareness Month, prioritize learning about common mental health disorders, how they differ from temporary mood shifts, and what resources are available for support.

### UNDERSTANDING COMMON MENTAL HEALTH DISORDERS

If your mood feels persistently overwhelming, erratic, and steeped in negativity, it may be more than mere moodiness—take a moment to acknowledge what's really going on. Here's how to recognize the signs:

#### DEPRESSION:

- **Symptoms:** Persistent sadness, loss of interest in activities, fatigue, changes in appetite or sleep, difficulty concentrating, and feelings of worthlessness.
- **Causes:** Depression can stem from genetics, life events, chemical imbalances, or other medical conditions.
- **Treatment:** Cognitive-behavioral therapy (CBT), medication, lifestyle changes, and support groups are often recommended.

#### ANXIETY DISORDERS:

- **Symptoms:** Excessive worry, restlessness, irritability, difficulty concentrating, and physical symptoms like rapid heartbeat or trembling.
- **Causes:** Genetics, brain structure, and environmental factors may play a role.
- **Treatment:** Cognitive-behavioral therapy (CBT), medication, and stress management techniques can be beneficial.



#### FOLLOW THE MOUSE:

We've hyperlinked resources you may want to access. Just hover and click!


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### BIPOLAR DISORDERS:

- **Symptoms:** Extreme mood swings that include emotional highs (mania or hypomania) and lows (depression). Manic episodes may involve increased energy, racing thoughts, or risky behavior.
- **Causes:** Genetics, brain structure, and environmental factors may play a role.
- **Treatment:** Mood stabilizers, therapy, and lifestyle adjustments can help manage symptoms.

### SCHIZOPHRENIA:

- **Symptoms:** Hallucinations, delusions, disorganized thinking, and withdrawal from reality. Symptoms typically appear in early adulthood.
- **Causes:** While the exact cause is unknown, genetics, brain chemistry, and substance use can contribute.
- **Treatment:** Antipsychotic medications, psychotherapy, and support services are key to managing symptoms.

 If you have concerns about your mental health, consider beginning with a confidential screening tool, such as those provided by [Mental Health America](#). While screenings can offer valuable insight, they are not a diagnosis. It's important to follow up with a qualified mental health professional for a thorough evaluation. BCBSIL and ComPsych EAP resources are available to help you take that next critical step toward care and support. Then, utilize BCBSIL's ComPsych EAP resources to find a mental health professional.

## WHEN TO SEEK HELP

Knowing when to seek professional help is critically important. If you are experiencing any of the symptoms below, please reach out to a medical professional:

- Symptoms persist for more than two weeks.
- Daily activities like work, school, or relationships are affected.
- You experience thoughts of self-harm or suicide.
- You are isolating yourself from loved ones and have lost interest in hobbies.
- Feelings of hopelessness or worry interfere with sleep, appetite, or concentration.

You don't have to navigate this alone. Support is available through mental health professionals, counselors, and peer support groups. Taking the first step can feel difficult, but it's a sign of strength.



## HOW TO GET SUPPORT

Your benefits include access to ComPsych EAP and BCBSIL Resources, providing confidential counseling, therapy referrals, and mental health resources. We're here to support you through whatever challenges you're facing.



### BONUS: WOMEN'S HEALTH MONTH

May is also Women's Health Month, reminding us of the importance of prioritizing physical and mental well-being. Women are more likely to be diagnosed with depression or anxiety, yet stigma can prevent them from seeking help.

This month, encourage the women in your life — and yourself — to prioritize mental wellness. Regular check-ups, counseling, and self-care are essential for maintaining emotional balance and resilience.



- **ComPsych EAP:** Provides free, confidential mental health support for personal and work-related concerns. Explore available resources by visiting [ComPsych EAP](#). For 24/7 live support, call **1-800-890-1213** to access mental health care and a wide range of additional services.
- **BCBSIL Resources:** Offers therapy options, wellness programs, and mental health tools tailored to your needs. Partner with your Primary Care Physician (PCP) for mental health questions or concerns. If you do not have a PCP, you may call the Health Advocate number on the back of your **BCBSIL member ID card or log on to Blue Access for Members<sup>SM</sup> (BAM<sup>SM</sup>)** [bcbasil.com](#) and use Find Care. This fast, easy-to-use tool improves members' experience when searching for in-network health care providers.

Whether you're managing a mental health condition, supporting a loved one, or simply seeking emotional balance, professional support can make a significant difference. Seeking mental health support is even a good idea if you feel like you're in a good place emotionally. After all, even therapists go to therapy!

## YOUR MENTAL HEALTH MATTERS

Understanding your mental health is one of the most empowering steps you can take toward overall well-being. If you're experiencing persistent mood changes, anxiety, or emotional distress, know that help is within reach.

Reach out to [ComPsych EAP](#) or explore [BCBSIL Resources](#) for support. Taking care of your mind is a sign of strength — and a vital part of living a healthy, balanced life.







# A Healthier Tomorrow Starts Today!

Save the dates!  
Save the dates!  
Save the dates!  
Save the dates!  
Save the dates!



## JUNE 3-13: The Countdown Begins!

President Preckwinkle invites you to the  
**2025 Cook County Employee Health Fairs!**

Wellness is not **one-size-fits-all**—it's personal, and this year's Health Fairs are designed with **you** in mind.

Explore interactive experiences, educational activities, and exciting giveaways that support your unique health journey.

**Bring your Cook County Employee ID—  
and a co-worker. See you there!**

### On-site Events

#### TUESDAY, JUNE 3

10 a.m. - 3 p.m.  
Juvenile Temporary Detention  
Center Auditorium  
1100 S. Hamilton Ave.

#### THURSDAY, JUNE 5

10 a.m. - 3 p.m.  
Stroger Hospital  
Lower-Level Cafeteria  
1969 W. Ogden Ave.

#### TUESDAY, JUNE 10

10 a.m. - 3 p.m.  
Cook County Building  
7th Floor  
118 N. Clark St.

#### FRIDAY, JUNE 13

10 a.m. - 3 p.m.  
Criminal Courthouse  
2nd Floor Cafeteria  
2650 S. California Ave.

### Virtual Events

#### WEDNESDAY, JUNE 4

11-11:45 a.m.  
2-2:45 p.m.

#### WEDNESDAY, JUNE 11

9:30-10:15 a.m.; 11-11:45 a.m.  
2-2:45 p.m.



Connect with your myHealth Connections community on Facebook for the latest 2025 health fairs updates and more.



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of Illinois