

# Mental Health Matters – One Size Doesn't Fit All

Mental Health Awareness Month | Powered by Spring Health

## Why This Month Matters

This May, Mental Health Awareness Month highlights an important truth: Mental health care isn't one-size-fits-all. Mental health is an essential part of overall well-being and can look different for everyone based on life stage, experiences, and individual needs. Spring Health proudly supports Highmark members with personalized, flexible resources and educational sessions designed to normalize mental health, encourage proactive care, and help individuals choose a path that truly fits.

## Understand and Normalize

We help young people feel safe by talking about mental health. Join a small-group conversation, led by a Spring Health provider, as we explore how to support kids' and teens' emotional well-being in everyday moments.

**Featured WellSprings Sessions:** Growing Minds, Growing Support: Normalizing Mental Health for the Family.

- **Thursday, May 14** | 3 p.m. ET (12 p.m. PT) with Kyle

**Important:** Session availability changes. If a session is closed for registration, please check for additional open sessions and future offerings at [wellsprings.springhealth.com](https://wellsprings.springhealth.com)

\*WellSprings are interactive group sessions, limited to 20 members

## Care Is Self-Care

Mental health care isn't only for crisis moments. Small steps taken early can build resilience, reduce stress, and improve overall well-being.

**Featured WellSprings Sessions:** Mental Health Care Is Self-Care: Prioritizing Care Without Waiting for a Breaking Point

- **Tuesday, May 19** | 2 p.m. ET (11 a.m. PT) with Dominique
- **Wednesday, May 20** | 2 p.m. ET (11 a.m. PT) with Lucia
- **Thursday, May 21** | 2 p.m. ET (11 a.m. PT) with BJ

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## Choose Your Path

Mental health isn't one-size-fits-all. Everyone's journey looks different. In this webinar, we'll dig into how reflecting on your experiences, leaning on supportive resources, and strengthening shared connections and relationships with others can empower you to shape your path with intention and authenticity.

**Webinar of the Month:** Choosing Your Path — Understanding, Shaping, and Authoring Your Mental Health Journey

- **Thursday, May 28** | 3 p.m. ET (12 p.m. PT). [Register HERE.](#)

\*Webinar for all eligible members

## Start Your Spring Health Journey

Getting started is easy. Download the My Highmark app or go to [member.myhighmark.com/benefits](https://member.myhighmark.com/benefits). Then, log in with your Highmark username and password to access Spring Health mental health support.

