

THE PULSE

WELLBEING NEWS IN A MINUTE

THIS MONTH'S FOCUS:

MENTAL HEALTH



USE COPE NOTES

Cope Notes is digital mental health support at your fingertips. You can receive daily text messages that will help you think healthier thoughts.

The messages are designed to interrupt the stress of daily life and help you cope.



READS & SOUNDBITES



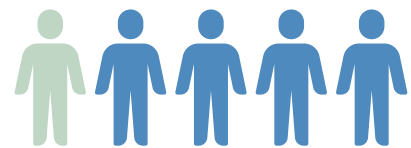
Reads:

- Loving Bravely by Alexandra H. Solomon, PhD
- Emotional First Aid by Guy Winch, PhD

Soundbites:

- Mental Illness Happy Hour, Apple Podcast

MENTAL HEALTH STATS



1 in 5 Americans will experience a mental illness in a given year.



1 in 5 children, currently or at some point during their life, have had a seriously debilitating illness.

