

Helping you

CLINICAL • ADVOCACY • RELATIONSHIPS • EMPOWER

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April Spotlight: Mental health

This month, we're highlighting information about mental health. You'll also find other wellness-related resources, links to *Healthy You* articles and healthy recipes.

Check out these articles about depression and stress from our CARE Health Education Library. To view a Spanish version of any of the articles in the library, click the **ES** icon in the top right corner.

- [Learning about depression](#)
- [Aprender respecto a la depresión](#)
- [Overcoming job stress](#)
- [Superar el estrés laboral](#)

These additional links from other health organizations offer more information about mental health:

- [Take a mental health test](#)
- [Avoiding caregiver burnout: Supporting a mentally ill loved one](#)
- [What are the different types of psychotherapy?](#)
- [Coping after disaster](#)
- [Prolonged grief disorder](#)

Healthy recipes

- [Healthy carrot cake cookies](#)
- [Burger in a bowl](#)
- [Hummus spread](#)
- [Burrito bowls](#)



Healthy You magazine

Here's what's in the latest issue of *Healthy You*, an award-winning magazine with health and wellness articles that support and encourage your healthy choices.

[Spring clean your diet](#)

Get tips for cutting back on sugar and ultra-processed foods.

[Getting around together](#)

How to safely share the road with electronic bikes, scooters and skateboards.

[Understanding PTSD](#)

Post-traumatic stress disorder affects more than just those who have seen military combat.

Find the entire [Spring](#) issue [here!](#)