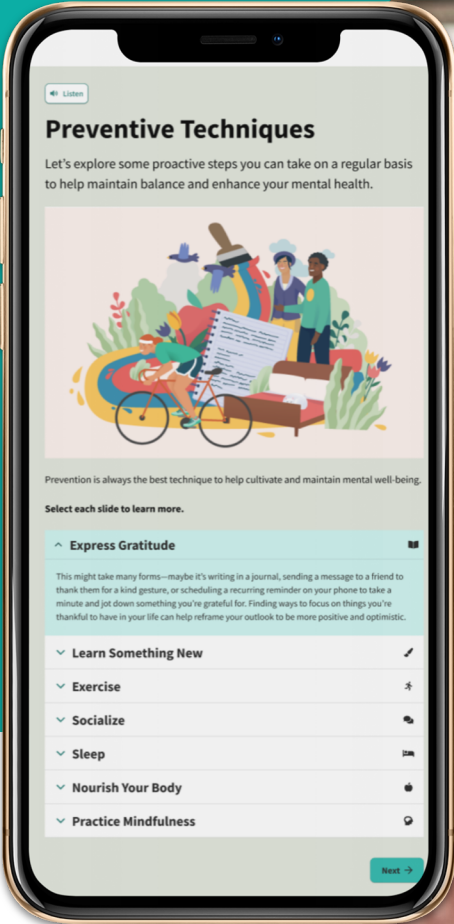


You've been there for others. Now it's time to be there for **YOU.**

Educators and school professionals are struggling with their mental health.

Our educators and staff are often so busy providing support to children, they might overlook care of their own mental well-being. In a recent study, nearly three-quarters of teachers and 84% of school leaders described themselves as "stressed", and more than a third of professionals have experienced a mental health issue in the past academic year.



BlueCross BlueShield of New Mexico

A Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

EVERFI



New Mexico Educator Well-Being Hub

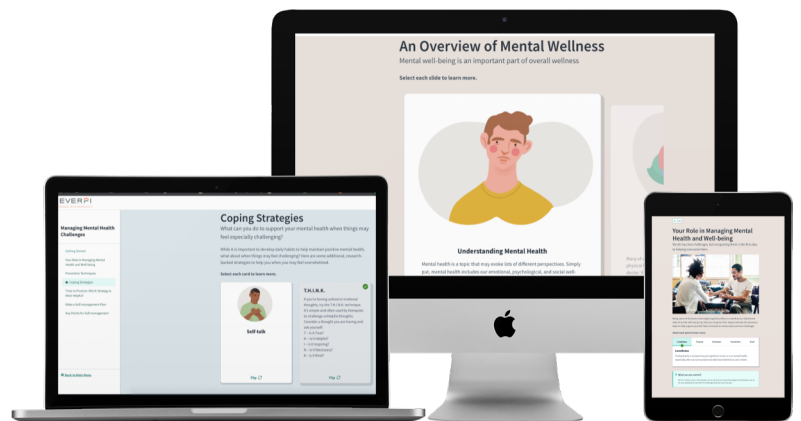
Blue Cross and Blue Shield of New Mexico is committed to supporting educator mental well-being by providing evidence-based, actionable learning solutions through EVERFI Elevate at no charge to our teachers.

Content Library

Through a 5-10 minute learning sequence, learners will gain the understanding of:

- Mental Well-Being for Educators
- Managing Mental Health Challenges
- Mindful Living
- Developing Coping Skills
- Supporting a Friend or Loved One
- Building Strengths & Developing Motivation
- Strategies for Stress Management

Blue Cross and Blue Shield of New Mexico wants you to have the knowledge and skills you need to sustain and maintain the best version of yourself, both in and out of the classroom.



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