

# Staff Wellness Resources

You are important and valued. Please take care of yourself!

Tools To Promote Wellness and Health for MPS Staff

MESSA MEMBER  
RESOURCES

RECHARGE TOOL KIT

REFERRAL FOR MENTAL  
HEALTH SUPPORT

## MESSA MEMBER RESOURCES

### MyStressTools

- Self Guided & Private
- Customized Mental Health Support based on your Stress Profile
- Personalized Resilience & Wellness Coaching
- Daily Mindfulness Resources
- Webinars, Articles, Podcasts to support your needs

messa.org

## MyStressTools

Mental health and wellness resources for MESSA members

MyStressTools is a suite of stress management and wellness resources that help manage stress and anxiety. It provides podcasts, videos, webinars and informational articles on topics such as resilience, wellness coaching, stress tracking, meditation, mindfulness exercises, and more – and it's all free for MESSA members.

MyStressTools uses a "Stress Profiler" to identify your personal sources of stress and anxiety and tailor the content to your needs.

*Mental wellness is an essential part of overall health. High levels of stress and anxiety can lead to long-term health complications and chronic illness. MESSA is here to support your overall health by providing resources to help alleviate stress and anxiety.*

**Get started:**

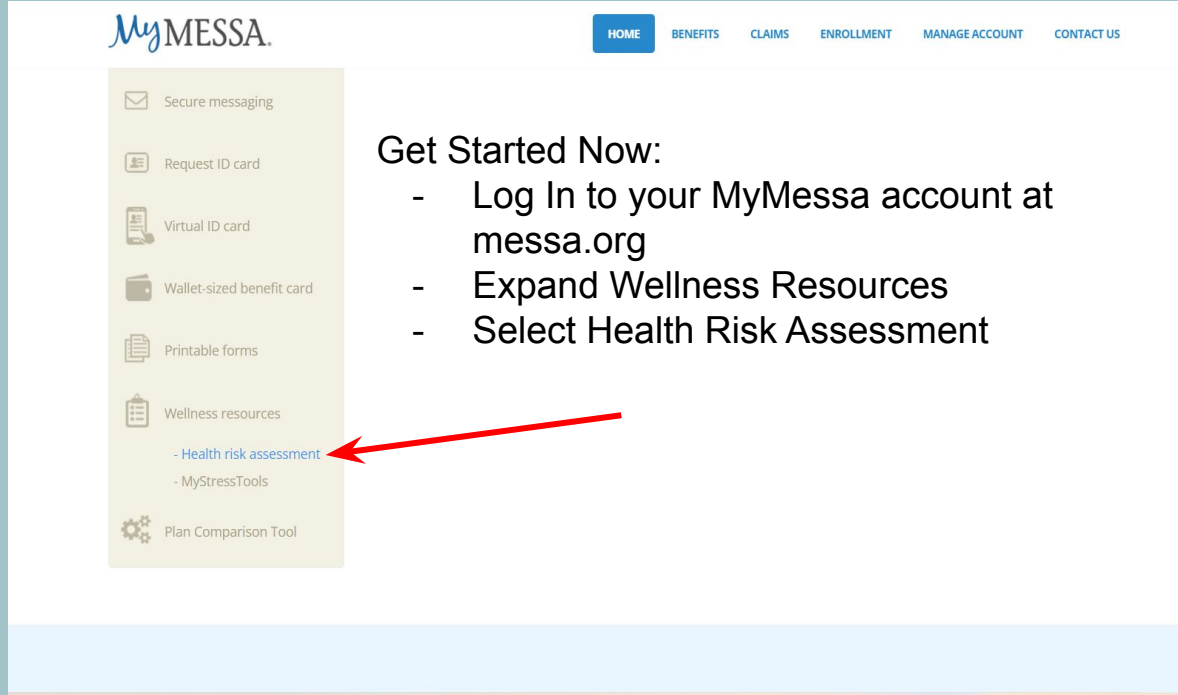
- 1 Log in to your MyMESSA member account at [messa.org](https://messa.org).
- 2 Select "Wellness Resources" in the left menu.
- 3 Select "MyStressTools" to launch the MyStressTools site.
- 4 Begin your journey by taking the Stress Profiler quiz.

Learn more at [messa.org/MyStressTools](https://messa.org/MyStressTools).

myStressTools

MESSA

## MESSA MEMBER RESOURCES



The screenshot shows the MyMESSA website interface. At the top, there is a navigation bar with the MyMESSA logo on the left and links for HOME, BENEFITS, CLAIMS, ENROLLMENT, MANAGE ACCOUNT, and CONTACT US on the right. Below the navigation bar is a list of resources, each with an icon and text: Secure messaging (envelope icon), Request ID card (ID card icon), Virtual ID card (ID card icon), Wallet-sized benefit card (wallet icon), Printable forms (document icon), Wellness resources (clipboard icon), - Health risk assessment (blue text, highlighted with a red arrow), - MyStressTools (blue text), and Plan Comparison Tool (gears icon).

### Get Started Now:

- Log In to your MyMessa account at [messa.org](https://messa.org)
- Expand Wellness Resources
- Select Health Risk Assessment

### Health Risk Assessment

- Self Guided & Private
- Customized Physical Health Guidance based on your Health
- Case Management programs for Chronic Conditions
- Resources! Resources! Resources!

## RECHARGE TOOL KIT



### Dr. Heidi Hanna's Recharge Tool Kit

Receive immediate access to some of Dr. Heidi Hanna's favorite Recharge tools!

What you'll get:

- Guided meditations
- Relaxation music
- Funny videos

Free

Subscribe to our email list.

Sign up for free

## REFERRAL FOR MENTAL HEALTH SUPPORT

### MPS Staff Request For Mental Health Referral

DISCLAIMER: General requests will be processed within 4-7 business days upon receipt. If this is a mental health emergency, immediately call 911 or Community Mental Health 24 Hour Crisis Services so that you can receive immediate support (517) 346-8460 or Toll free (800) 372-8460 and Hearing Impaired (800) 649-3777.

MPS Staff may use this google form to place a request with the District Mental Health Specialist (MHS) for referral sources for any mental health concern for themselves or family members. This form is owned, managed, and viewed only by the current MHS and will not be shared with any other district staff. Every attempt to maintain staff members' confidentiality will be made and the information provided in your request will be deleted once the staff member has connected with an outside provider. If you have any further questions, please feel free to contact your district Mental Health Specialist by email or phone (517-883-8113).

[Place Request HERE](#)