

MAY IS MENTAL HEALTH MONTH

MENTAL HEALTH IS MORE IMPORTANT THAN EVER

- The pandemic is contributing to rising rates of depression, anxiety, PTSD and substance misuse.
- Self-care is proven to reduce stress and anxiety, while increasing self-compassion.
- Seeking help is a sign of strength to learn new ways to cope.
- Take advantage of the counseling, coaching, digital emotional wellness programs and other services offered to you and your household members.

Visit your member website or call your program today.

