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.