HEALTHUPDATE

Improved Wellbeing Starts With Mental Health

YOUR MIND
MATTERS

Good mental health is vital to protecting your total wellbeing.

Start with these tips to prioritize mental wellness.

LOCATE A THERAPIST THAT'S RIGHT FOR YOU

Start with your network. Review your health benefits to see if you have access to digital therapy options or an employee assistance program (EAP) that can connect you with a therapist. An EAP is typically free to use. Or, ask someone you trust for a recommendation such as a friend, family member, coworker, or your doctor. Be sure to check that the recommended provider is in your health plan's network.

BRING UP MENTAL HEALTH WITH YOUR PRIMARY CARE PARTNER

Untreated depression, anxiety, and stress can cause digestive health issues, lack of sleep, and heart disease. Talk with your doctor at your next annual preventive exam to discuss how you've been feeling mentally. Based on your needs, your doctor can partner with you to create a holistic care plan that targets your mental health and helps lessen any physical symptoms you might be experiencing.

ACCESS RESOURCES THAT SUPPORT YOUR FAMILY

One in six American children have a treatable mental illness. Poor mental health can negatively impact life at home or school, and in developing friendships. Ask your child how they're feeling and watch for behaviors such as sadness lasting longer than two weeks and constant worrying that disrupts daily activity. Talk with your child's doctor or utilize **children's mental health resources** to find help.

Help is always available when you need it. Call or text 988 for immediate emotional support through the Suicide and Crisis Lifeline. Or, visit 988lifeline.org/chat/ to connect with a trained crisis counselor.