

Mental Health

What To Know



Taking care of your mental health is important, as it affects your emotional, psychological, and social well-being. You can begin your path to recovery by seeking help to improve your mental health.



You Are Not Alone

According to the National Institute of Health:

- 1 in 5 adults in America experience a mental health problem
- Nearly 60% of adults with a mental health problem did not receive mental health services in the previous year
- Mental health problems affect individuals of all races and ethnicities



Common Misconceptions

- x **Therapy and self-help are a waste of time. Why bother when you can just take a pill?**
- ✓ There is no single treatment for mental health problems that works for everyone. An individual might need medication, therapy, or both, along with a strong support system
- x **Mental health problems are caused by personal weakness**
- ✓ Just like any major illness, mental issues is not the sufferer's fault; it is caused by environmental and biological factors



Your First Appointment

Talking to a mental health specialist can make a positive difference; here are some tips before you attend that first appointment:

- Be ready to talk about your health history and your current experiences
- Be clear about what you want and need to feel better
- Ask the specialist about various treatment options, so you understand your choices and know what to do
- Sometimes a mental health specialist isn't the best fit for you, so keep searching until you find the right one



Getting Help is Easy

Speak with your doctor about steps you can take to improve your mental health. If you need assistance finding a doctor or therapist, contact customer care at 1-877-462-1414 from M-F, 6:00 AM - 6:00 PM PST.