

Empower yourself to thrive

Make mental health a priority



Taking care of your mental health can help you live a happier and more fulfilling life. Making small changes like practicing self-care, connecting with a counselor, talking to someone you trust, or trying new activities can make a big difference. Always remember, reaching out for support is a sign of strength and self-awareness.

Are you suffering silently, feeling stressed, anxious, or upset?

You are not alone. Thousands of people are experiencing these feelings too. But by reaching out to get the help you need, you can restore your emotional well-being and feel more connected and energized to move forward.

Speak up.

Tell others about your story and how you're feeling. It takes courage, but it's the first step to getting the help you need to feel better.

Do you know someone who is struggling?

Showing compassion and understanding, rather than dismissing or belittling them or their feelings, can provide valuable support to someone facing challenges.

Encouraging them to seek help and offering a listening ear can make a positive difference in their journey toward healing and well-being.

Show support.

It's not always easy to find the right words, but the key is to acknowledge the person without judgment.

Did you know?
Nearly 1 in 5 adults in the U.S. live with a mental illness.

We're here to help.

Health Advocate can get you to the right support and resources to improve your health and well-being.



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Call • Email • Message • Live Chat

Source: National Institutes of Health.

<https://www.nimh.nih.gov/health/statistics/mental-illness>

