

Mental health matters

Make it a priority



Many people feel anxious, depressed, or hopeless, and unable to function fully. These and other mental health issues can be treated with lifestyle changes, medication, counseling or all three, yet many people feel stuck, alone, and powerless to move forward.

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 with your life.

Do you know someone who is struggling?

Ignoring that person, or telling them to snap out of it, just calm down, that things will be better in the morning, or that therapy is for weak people, can make matters worse for someone who is struggling.

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.

Did you know?

About 1 in 6 adults will have depression at some time in their life.
CDC

Show support.

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

We're here to help. Health Advocate can get you to the right support and resources to help you improve your health and well-being.



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