

MAY IS MENTAL HEALTH AWARENESS MONTH

NO STIGMA NO JUDGMENT JUST SUPPORT



Everyone faces challenges with their emotional wellbeing from time to time, which can affect how we think, feel and act. It can even impact our physical health. If you're feeling lost, anxious or depressed, it's important to talk with someone. **There's no wrong reason to reach out.**

THINGS THAT CAN NEGATIVELY IMPACT OUR MENTAL HEALTH:

STRESS. Concerns about work, family and money, and other common problems, can lead to difficulty sleeping, depression or suicidal thoughts.

ANXIETY. A feeling of uneasiness, fear or nervousness. Sometimes accompanied by panic attacks.

TRAUMA. Traumatic events can trigger a negative response, even for those not directly involved.

GENETICS. Those with a family history of mental health issues may be likely to develop similar issues.

YOUR QUANTUM HEALTH CARE COORDINATORS ARE HERE FOR YOU

If you need support, a team of nurses, social workers and behavioral health experts is here to help with things like:

- Connecting you with confidential wellness resources through your employee assistance program (EAP) at no cost to you
- The preauthorization process, to ensure you're covered for any services
- Identifying the connection between existing health conditions and mental health status
- Collaborating on a mental health self-care plan and comprehensive counseling services

MENTAL HEALTH IS:

COMMON. Many people need professional support at least once in their lifetime to maintain good mental health.

TREATABLE. From diet and exercise to counseling and medication, there are many ways to support better mental health.

MENTAL HEALTH IS NOT:

IMAGINARY. Mental health is something everyone deals with every day.

SOMETHING TO "GET OVER." Willpower or mental toughness has nothing to do with mental health.

SOMETHING TO FEAR. Mental health is a medical condition, and, like our physical health, it is something we all need support for at times.



988 SUICIDE & CRISIS LIFELINE

For free and confidential support 24/7, call or text 988, or chat at 988lifeline.org.



RenovoHealthHub.com

(866) 920-1980

(Monday-Friday, 8:30 a.m. - 10 p.m. ET)

