



Mind Your Mental Health

Mental health is essential to everyone's overall health and well-being. With nearly one in five adults suffering from mental illness in a given year, the Mind Your Mental Health initiative aims to raise awareness and reduce stigma around mental illness by providing education, tools and resources to help you learn practical ways to improve your mental health and understand how to help others.

Mental health topics include:

- Anxiety
- Depression
- Mental health in children
- Post-Traumatic Stress Disorder
- Resilience
- Stress
- Substance misuse
- Suicide
- Support for yourself and others

Go online

Visit MagellanHealthcare.com/About/MYMH today to access educational articles, videos, self-assessments and more. Resources are URAC accredited, updated regularly and include options for printing, sharing and finding more information on the topic of interest.

Share these resources with your family, friends and colleagues. Offering help and providing support can make a difference for someone who is going through a tough time.

Call your program

For support with challenges such as stress, anxiety, grief, substance misuse, relationships concerns and more, call your program to speak confidentially with a representative.



Employee Assistance Program
1-800-327-0638