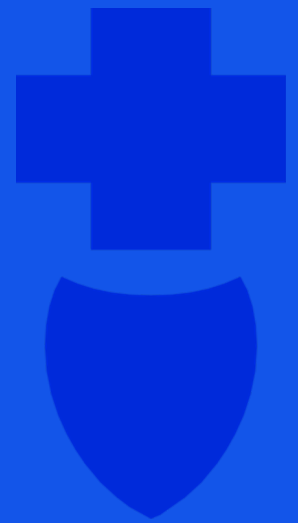


May is Mental Health Month

Prioritize your emotional wellbeing



Taking care of your mental health is a powerful step toward a healthier, happier you. Even small steps can make a difference in how you feel and cope each day.

This May, take a moment to check in with yourself. Notice how you're really feeling, make changes that feel right for you, and reach out for support if you need it.

Below are a few simple steps you can take to find better balance—and connect to the right support when the time is right.



Practice Self-Compassion

Be kind to yourself and embrace imperfection.



Stay Connected

Reach out and build strong, supportive relationships.



Move your Mood

Physical activity boosts your emotional health.



Rest and Recharge

Quality sleep is essential for a balanced mind.

You are not alone.
Help and support are always available.

Talk it out

Call your Employee Assistance Program (EAP) for no cost confidential support.
855-223-9277

Find a provider

Explore mental health providers on anthemeap.com/
TheLocalChoice or call 855-223-9277

In Crisis?

Call or text 988 for free, confidential support 24/7.



Anthem