

# “ How are you? ... No, really.”



## May is Mental Health Awareness Month

Let's face it: Life can be stressful. We all have tough days, and sometimes they become tough weeks, months or even years.

Yet when it comes to being honest about how we're feeling, we often shrug off inquiries with a quick "I'm fine," "all right" or "OK."

If we answered more honestly – admitting we're overtired, struggling to balance it all or simply not feeling our best – could we help others do the same? Could we make talking about and finding support for mental health easier?



**Join us in changing the conversation.** To get started, scan the QR code to find self-care tips and resources, digital solutions, and peer communities and to learn how to care for your mental health.

Visit [www.liveandworkwell.com](https://www.liveandworkwell.com) to learn about the full range of benefits available to you. Register with your HealthSafe ID or browse as a guest with your company access code, Indiana, to get started.

About

## 1 in 6

adults in the U.S. experience depression at some time in their life.<sup>1</sup>

About

## 1 in 9

adults in the U.S. regularly have feelings of worry, nervousness or anxiety.<sup>2</sup>

**Invest In Your Health**

1. Centers for Disease Control and Prevention (CDC). Mental health conditions: Depression and anxiety. [cdc.gov/tobacco/campaign/tips/diseases/depression-anxiety.html](https://cdc.gov/tobacco/campaign/tips/diseases/depression-anxiety.html). Last reviewed February 8, 2022. Accessed March 1, 2022.

2. CDC. Mental health. [cdc.gov/nchs/fastats/mental-health.htm](https://cdc.gov/nchs/fastats/mental-health.htm). Last reviewed February 1, 2022. Accessed March 1, 2022.

**If you or someone you know has thoughts about suicide, seek help right away. To talk with a trained counselor, you may call the National Suicide Prevention Lifeline anytime at 1-800-273-TALK (1-800-273-8255). If you or someone you know is in immediate danger, call 911 – or go to the closest emergency room.**

**This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.** This program is not a substitute for a doctor's or professional's care. Consult with your clinician for specific health care needs, treatment or medication. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and are subject to change. Coverage exclusions and limitations may apply.