



May is Mental Health Month

Mental health is more important than ever

- The pandemic is contributing to rising rates of depression, anxiety, PTSD and substance misuse
- Self-care is proven to reduce stress and anxiety, while increasing self-compassion
- Seeking help is a sign of strength to learn new ways to cope
- Take advantage of the counseling, coaching, digital emotional wellness programs and other services offered to you and your household members

Visit your member website or call your program today.

Employee Assistance Program

XXX-XXX-XXXX (TTY 711)

MagellanAscend.com