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— Mental Health Awareness —

# Let's talk

Speak up. Show support.  
Together, we can shatter stigma.

1 in 5  
people have  
mental or  
emotional  
issues

## Do you keep silent about feeling depressed, anxious or upset?

There is no shame in having mental or emotional distress or reaching out for help. The real shame is the stigma, misunderstanding, insensitivity and other reactions people have about it.

**Speak up.** Tell others about your story and how you're feeling. It takes courage, but it's the first step to getting the help you need to feel better.

## Has someone revealed a mental or emotional health issue to you?

Ignoring that person, or telling them to snap out of it, just calm down, that things will be better in the morning, or that therapy is for weak people, can make matters worse for someone who is struggling.

**Show support.** It's not always easy to find the right words, but the key is to acknowledge them without judgment.

Your Health Advocate Licensed Counselor can provide **confidential support** for emotional, family and work issues. Referrals to an appropriate professional are provided, if needed.

**Say something like,** "It must be hard for you," and "I'm here to listen if you want to talk about how you feel."

In a crisis, help is available 24/7.

Untreated mental health issues are linked to an increased risk of chronic health problems, suicide, relationship difficulties and more

Most of these issues can be treated by counseling, medication or both



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