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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  
health issues

The pandemic has disrupted many aspects of our lives, leading to relationship difficulties, depression and other mental health issues. These issues can be treated by counseling, medication or both. Yet many people don't share their pain because of the insensitivity that often surrounds mental health.

## 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.

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

In a crisis, help is available 24/7.

## 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.

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

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## Did you know?

**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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**HealthAdvocate**<sup>SM</sup>