



Emotional wellbeing matters

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Did you know 42.5 million American adults suffer from a diagnosable mental health condition? That's nearly 1 in 5 people.¹

The good news is that there is help.

Have you heard about the Campaign to Change Direction? It's all about raising awareness for the importance of emotional wellbeing.

Check in with others

You can be part of the solution. Learn to identify signs of possible emotional suffering and prepare yourself with resources you can suggest. You'll be ready to empower a friend, family member, coworker or even a stranger to reach out for help. By reminding others they don't have to suffer alone, you can help remove the stigma about treatment options that really work such as:

- Talking to a doctor or mental health professional
- Calling a 24 hour crisis line
- Participating in a support group led by a qualified professional

The Change Direction campaign has identified five common signs in particular. You can find videos that bring these signs to life on your member website under Whats New > Video Resources > Mental Health Awareness Videos.

Check in with yourself

Emotional distress doesn't always announce its arrival. Sometimes it builds over time and you don't really notice it. So we've launched a new tool to help people recognize the signs in themselves, too.

It's called MindCheckSM. Simply answer a few simple questions to "find your color." Your color lets you know whether you could be at risk when it comes to your emotional wellbeing.

You'll also find information and tips for feeling better no matter how much or how little distress you're feeling now. You can give it a try today.

By making emotional wellbeing a priority, we can make a difference for ourselves and those around us.

¹Substance Abuse and Mental Health Services Administration, Results from the 2013 National Survey on Drug Use and Health: Mental Health Findings, U. S. Department of Health and Human Services: www.samhsa.gov (as of November 24, 2014).