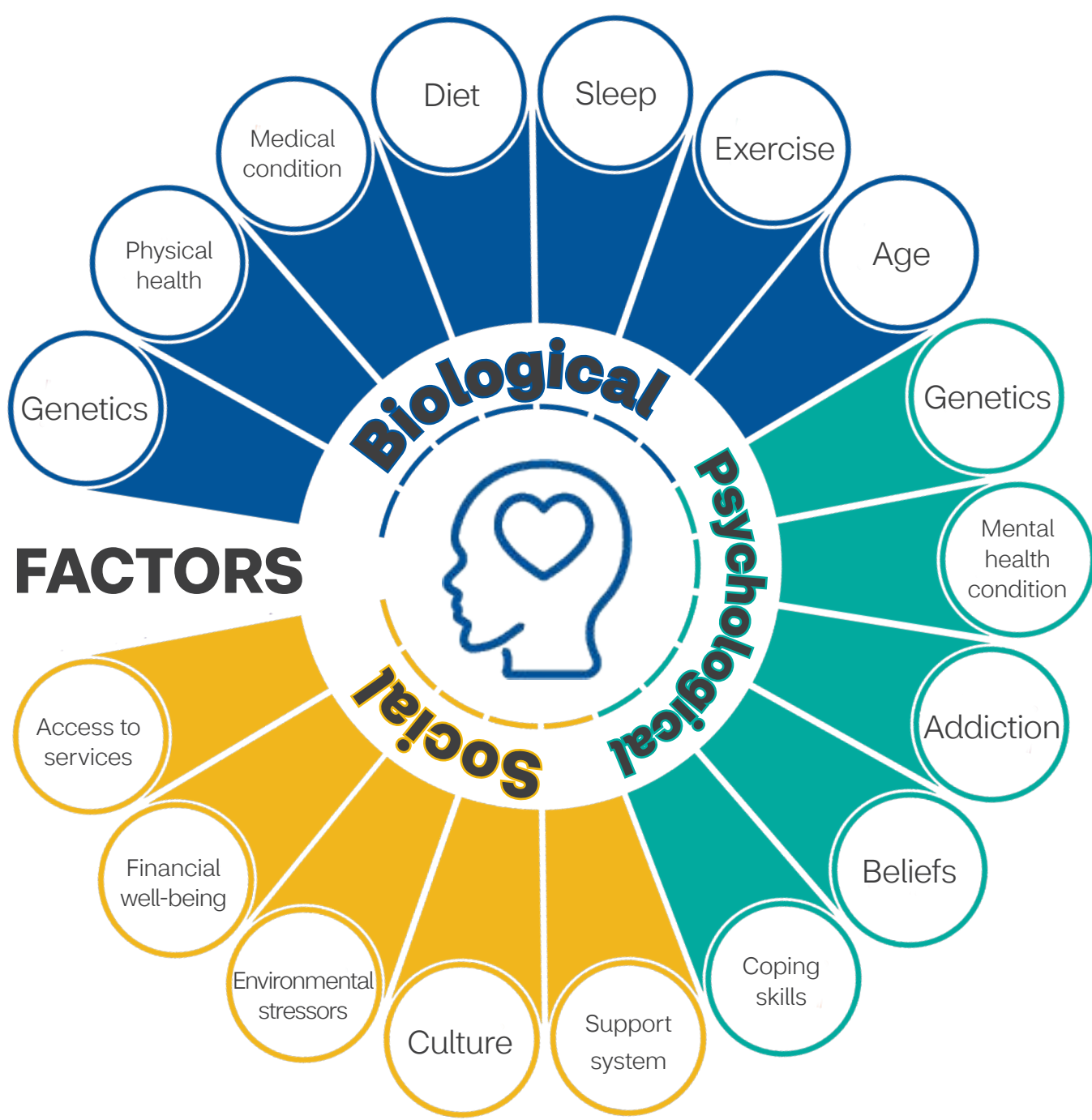


Contributing factors that impact mental health

There are many factors that can lead to a physical health condition. And the same is true about your mental health. Knowing what factors can impact your mental health is an important step toward getting the right kind of support.



Where to seek support for your mental health



Supportive family or friends



Primary care provider



Mental health counselor



Crisis text line: Text HELLO to **741741**



988 Suicide & Crisis Lifeline: Call or text **988** to connect with a crisis counselor.



Resources for Living: Call or visit the member website to receive support and resources.

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