

Mind Your Mental Health

May is Mental Health Month

Traditionally, people often hesitated to seek help or even talk about mental health for fear of being judged and facing backlash. However, the issue is now entering more and more of our daily conversations. We're making progress.

- Talking with others about mental health and medications helps normalize the process of getting behavioral health care — which is just as important as treatments for physical illness.
- Addressing mental health symptoms early is critically important for your overall health.
- The average delay between symptom onset and obtaining treatment is 11 years, meaning a lot of people still spend months or years facing mental health problems before being diagnosed and treated.
- When facing a mental health concern, it's common to feel like no one understands what you're going through. However, you aren't alone. Help is available, and recovery is quite possible.

Visit www.magellanhealthcare.com/about/bh-resources/mymh or call your program for confidential mental health resources.