



Family, friends, community and me.

Mental health impacts — and connects — us all.

Especially in times of significant uncertainty, it's very important to pay attention to your mental health. Recent events in our nation and around the world have heightened people's fears and worries. Add to this, the reality that millions of Americans live with a mental disorder.

May is Mental Health Month

Let's work together to destigmatize situational and chronic mental health issues — and get people the help they need.

Resources available for you — and yours

Go to CX.optum.com/mentalhealthmonth.

There you will find support, guidance and information, including:

- How mental health impacts us all
- Appropriate ways to talk about mental health
- How to nurture your mental health during the COVID-19 pandemic
- Feature video on What is Anxiety?
- And more

For more information about mental health, visit: CX.optum.com/mentalhealthmonth
State Employee Assistance Program (SEAP): 1-800-692-7459, TTY 711

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.
This program is not a substitute for a doctor's or professional's care. Consult with your clinician for specific health care needs, treatment or medication. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and is subject to change. Coverage exclusions and limitations may apply.