



For You & Your Loved Ones May is Mental Health Awareness Month

Mental Health



Since 1949, **Mental Health Awareness Month** has been observed each May. Participate this year to help yourself or your loved ones.

Overall wellness is the combination of your mental, physical and emotional health. According to the National Alliance on Mental Illness (www.nami.org), one in every five Americans lives with some type of mental health condition. That condition may affect changes in a person's thinking, mood or behavior.

Since mental health issues are very common, it is important for people to understand them and take comfort in knowing that successful treatments are available. Recognizing issues and seeking treatment is key, as is learning to support and encourage others who have mental health issues.

You and Your Family Can Visit Live and Work Well to:

- Review information and resources on mental health
- Use private online screening tools
- Engage in self-help programs
- Find professional help with our Provider Search Tool

The liveandworkwell.com website is private in accordance with state and federal law. Details about your use are not shared with your benefit sponsor, nor does it become part of your medical record. It is just there for you. Take time in May to explore the website and achieve better mental health.

How to Access liveandworkwell.com: go to liveandworkwell.com. Register and login or enter anonymously with your access code.

Questions?

Call the State Employee Assistance Program (SEAP)

at (800) 692-7459

or log on to www.liveandworkwell.com

access code: Pennsylvania

liveandworkwell.com

Available 24/7. Confidential resources for mental health and life's changes *



In today's stressful world, taking care of yourself and your loved ones is more important than ever. Start with a free screening on liveandworkwell.com or by learning more about positive mental health. See the **Spotlight** on your Member Welcome page of liveandworkwell.com in May. Get started on the path to recovery and wellness. Taking even that first step will help you feel better.

Use Our Self-Administered Screening Tools

From the top navigation bar, go to **Mind & Body**, choose **Mental Health** and enter a Topical Center (arranged alphabetically.) Select a screener and answer questions about how you have been feeling. The results of your screening are not stored and are confidential.

Over the last 2 weeks, how often have you been bothered by any of the following problems?

Little interest or pleasure in doing things.
 Not at all Several days More than half the days Nearly every day

Feeling down, depressed or hopeless.
 Not at all Several days More than half the days Nearly every day

Trouble falling or staying asleep, or sleeping too much.
 Not at all Several days More than half the days Nearly every day

Feeling tired or having little energy.
 Not at all Several days More than half the days Nearly every day

Poor appetite or overeating.
 Not at all Several days More than half the days Nearly every day

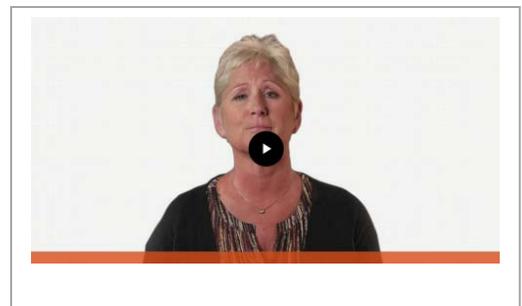
Take Steps to Recovery and Resiliency:

Read articles, view guides and videos, use self-help programs or self-paced webinars, find a therapist and more. Of course, you can always call the support line on liveandworkwell.com for personal assistance.

Find Professional Help with Our Provider Search Tool

The screenshot shows the liveandworkwell website's provider search tool. At the top, there is a navigation bar with four tabs: "FIND A PROVIDER" (which is selected), "FIND A FACILITY", "SEARCH BY NAME", and "TELEMENTAL HEALTH". Below the navigation bar, there is a search prompt: "Search for support near you." The search form includes fields for "Zip code:", "City:", and "State:". The "State:" field is a dropdown menu with the text "Please select a state". There is a blue "SEARCH" button at the bottom of the form. A small note at the top right of the page reads: "If you feel you cannot wait up to 10 days for an appointment call us 24/7 for confidential help."

Guides, Videos and Webinars



Check out the video series *If you or your loved one has just been diagnosed with a mental health condition*. Find: under the Mind & Body tab in the Recovery & Resiliency center

liveandworkwell.com

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The information and therapeutic approaches in this content is provided for informational and/or educational purposes only. It is not meant to be used in place of professional clinical consultations for individual health needs. Certain treatments may not be covered in some benefit plans. Please check your benefits. The service is confidential within the limits of the law and your benefit plan's privacy policy.