



Caring for your mental health is part of taking care of yourself, because everyone deserves to feel their best. Prioritizing your emotional well-being means managing your ability to experience joy, handle stress and adapt to changes. It's normal for your mental health needs to shift over time, depending on life events or changes in your physical health.

**Taking care of your emotional well-being is as important as daily exercise, brushing your teeth, and wearing your glasses. Just like physical health is tied to regular care and attention, emotional wellness should be a part of your daily life.**

**We often think the time to seek help for our emotional well-being is when we are in a crisis.**

That does not have to be the case.

Taking care of your mental well-being can be part of your daily routine. And when you think about it, you already do so many things each day to take care of yourself—without judgment.

People don't judge you, and you don't judge others, for exercising. Or brushing your teeth. Or wearing glasses.

**Mental health is directly related to your overall wellness. Think of it as part of your regular healthcare maintenance.**



You get an **annual physical**.  
You go to the **eye doctor**  
**every year**.

So...

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## **Why Should Checking In On Your Emotional Health Be Any Different?**

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SCAN HERE  
to take the  
first step.





## WHY SHOULD I CARE ABOUT MY MENTAL HEALTH?

**Mental health** is the term we use to talk about our emotional, psychological and social well-being. It affects how people think, feel, and behave in their everyday lives. It influences how we relate to others, make decisions, and cope with stress.

### Key components of mental health include:

- The ability to understand, express, and manage your emotions in productive and positive ways.
- Developing and understanding your sense of purpose, self-esteem, and personal growth.
- Building and maintaining healthy relationships with others and navigating social interactions.



## BUT I FEEL OK RIGHT NOW

You do not have to wait until you feel down to take care of your **mental health**. In fact, it is a good idea to work on your mental health when you are feeling good. Doing so can help you develop the tools you might need to avoid a crisis when you do face challenges.

Taking care of your mental health involves a combination of self-care strategies and professional support. This can include learning to manage your emotions, talking to a therapist, support from friends and family, prescribed medication, and making changes to your lifestyle.



## THINKING ABOUT MY MENTAL HEALTH IS OVERWHELMING

We understand. That's why we'll be on the journey with you.

Our dedicated Mental Health Care Coordinator will support you throughout every step of your journey. The "Stronger Together" initiative is designed to connect you to mental health services effortlessly, eliminating common concerns about costs and the challenge of finding compassionate and empathetic providers. We handle all the logistics so that you don't have to. Your mental health matters and reaching out is the first step.



To learn more about the program and your eligibility for services, please contact us at:  
**(312) 966-3466** or  
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