



Mental health is

BEING WITH
PEOPLE WHO
LOVE ME FOR ME



Redefine wellbeing for you

When faced with stress and anxiety, what helps you find inner peace may not be the same for others. And that's okay. What matters is taking the first step.

Whether it's therapy, meditation, exercise, quality time with loved ones, or just hanging out with your pet, make sure you take the time to do it.

Mental Health Awareness



Scan the code or go to
optumwellbeing.com to
get tools and resources
available to you

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