



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](https://optumwellbeing.com), to  
get tools and resources  
available to you

**If you or someone you know has thoughts about suicide, seek help right away. To talk with a trained counselor, you can call the 998 Suicide & Crisis Lifeline anytime. If you or someone you know is in immediate danger, call 911 – or go to the closest emergency room.**

This program should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States, the local emergency services phone number if you are outside the United States, or go to the nearest ambulatory and emergency room facility. This program is not a substitute for a doctor's or professional's care. 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 all its components, in particular services to family members below the age of 16, may not be available in all locations and is subject to change without prior notice. Experience and/or educational levels of Emotional Wellbeing Solutions resources may vary based on contract requirements or country regulatory requirements Coverage exclusions and limitations may apply.

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