Caring for your mental health is as important as caring for your body. Below are tools you can use to build a healthy and happy lifestyle.

- Are you feeling extra worried, afraid, sad, or hopeless?
- Have you noticed changes in how you are sleeping or eating?
- Take a simple screening. It is the first step to knowing what your feelings may mean. *Find one at mentalhealthamerica.net/screening.

*Please Note: Screening results do not mean you have a behavioral health condition. Please share your results with your doctor.

- You are not alone. 1 in 5 adults in the U.S. have a mental illness.¹
  Know the common signs and symptoms that may affect you. Visit emblemhealth.com/bh to learn more.

- Meet with a behavioral health professional. You can use the “Find a Doctor” tool at emblemhealth.com/findadoctor.
  Eat healthier and work out to add balance to your life. Learn more at mentalhealthamerica.net/care-your-health.

- There’s strength in numbers. Visit naminycmetro.org to explore resources in your community.
- Connect with people who matter. Build healthy relationships with people you can trust. Find out more at mentalhealthamerica.net/taking-good-care-yourself.

We Are Here to Help

**EmblemHealth Members:**
If you have questions about this information or need help finding a behavioral health professional, please call Beacon Health Options at 888-447-2526 (TTY: 711). A representative can help 24 hours a day, 7 days a week.

**Montefiore Members Only:**
Call the University Behavioral Associates (UBA) Referral Line at 800-401-4822. Their hours are 9 am to 5 pm, Monday to Friday.

Stop by any of our Neighborhood Care locations for community support. Visit emblemhealth.com/neighborhood.

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¹National Alliance on Mental Illness (NAMI) nami.org

HIP Health Plan of New York (HIP) is an HMO plan and Group Health Incorporated (GHI) is a PPO plan with a Medicare contract. Enrollment in HIP and GHI depends on contract renewal. HIP of Greater New York and GHI are EmblemHealth companies.