

You Have the Power

Take Charge of Your Mental Health



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.

WE ARE HERE TO HELP EMBLEMHEALTH MEMBERS

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

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

Identify

- 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.

Learn

- 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 nami.org/warning-signs-and-symptoms to learn more.

Act

- 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 mhanational.org/resources/care-for-your-health.

Support

- There’s strength in numbers. Visit namincymetro.org to explore support 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.

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.