Sometimes what hurts **isn't physical**



Your mental and emotional wellbeing affects every aspect of your life, from personal relationships and your physical health, to your ability to do your job.

Here are some signs you could use a little extra support even if you don't have a diagnosed condition.

6 signs you could benefit from emotional health support

1 Changes in sleep or eating habits

A notable increase or decrease in appetite and disrupted sleep patterns can be red flags.

2 Unexplained physical ailments

These can include headaches, upset stomach, and general aches and pains.

3 Chronic fatigue and a lack of energy

Everyone gets run-down, but it's not normal to feel that way for weeks or months.

4 Shunning social activity

Personal connections are crucial to good mental health, even if visits are virtual.

5 Growing stress caused by daily activities

This can take many forms, from an inability to cope with problems to simply feeling overwhelmed.

6 Substance abuse

Overdrinking or using drugs is a common sign of more serious underlying issues.



If you need help finding an affirming and supportive health care or mental health provider, our care managers are here to help.

Call **1-877-222-1240** (TTY 711) Monday - Friday, 8 a.m. - 5 p.m.

Knowing where to go when you need mental or emotional help is the first step toward improving your mental health.

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Right here. **For you.**

If you or someone you know need help, **here is a list of resources to help you.**

For more resources, scan this code:

Find an in-network provider	Find an in-network behavioral health provider, including psychologists, psychiatrists, therapists and counselors.	Visit **UniveraHealthcare.com/FindADoctor**
Virtual care visits by phone or video	Many local providers offer virtual visits, plus with our partner MD Live you have 24/7 access to non-urgent behavioral health care by phone or video.	Learn more, register or setup a visit with MD Live Visit **UniveraHealthcare.com/VirtualCare**
Connect with a Care Manager	Our Univera Healthcare Care managers include licensed clinical behavioral health specialists, licensed social workers, pediatric care managers, and others here to help you find the resources and support you need to manage anxiety, depression, grief or loss, PTSD, and more.	Call **1-877-222-1240** (TTY 711) Monday - Friday, 8 a.m. - 5 p.m.
National Alliance on Mental Health (NAMI)	The NAMI HelpLine provides information, resource referrals and support to people living with a mental health condition.	Contact the NAMI HelpLine Monday - Friday, 10 a.m. - 10 p.m. E.T. Call **1-800-950-NAMI** (6264) (TTY 711) Text **62640** Chat **NAMI.org/help**
Substance Abuse and Mental Health Services Administration (SAMHSA)	Find mental health and/or substance use disorder treatment.	Visit **FindTreatment.gov** Call **1-800-662-HELP (4357)**
988 Suicide & Crisis Lifeline	The Lifeline provides 24/7, free and confidential support for people in distress, suicide prevention and crisis resources for you or your loved ones.	Call or text **988*** Call **1-800-273-8255** (TTY 711) (language assistance is available) **988 may not be available in every state*
Emergency	If you or a loved one are experiencing an emergency Call **911** or **go to the nearest emergency room.**	

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