



Mental Health Awareness

Millions of people across the country are affected by mental illness. People from all walks of life — from farmers to CEOs, stay-at-home moms and everyone in between. People who work, perform, create, compete, laugh, love and inspire every day.



1 IN 5 U.S. ADULTS
EXPERIENCE IT.

17%

17 PERCENT OF YOUTH
(6 – 17 YEARS)
EXPERIENCE IT.



1 IN 25 U.S. ADULTS
EXPERIENCE SERIOUS
MENTAL ILLNESS.

We've Got Your Back

Living with any health condition can feel overwhelming. It can help to have your own personal health coach — a licensed clinician who can help you make sense of what you're going through. You may be unsure about which goals are realistic for you now, or which treatment options are covered and how they work. We can provide you with the resources and information you need to cope.

Call us at 800-868-1032, ext. 25835. We're here to help.

Focus on life. Focus on health. *Stay focused.*



BlueChoice HealthPlan is an independent licensee of the Blue Cross and Blue Shield Association.

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