

Support within reach

Getting
support for
yourself and
others

Resources *for Living*®



Mental health struggles can affect anyone at any point in life. The more you know about recognizing the signs in yourself and others, the more quickly and effectively you can reach out — whether that's to get help for yourself or give help to someone else.

In this final week of Mental Health Awareness Month, we're sharing resources to help you learn more about how to get and give support. And Angee talks about how telling ourselves we need to handle things alone can get in our own way to greater happiness. Remember: Your mental health matters every month of the year. That's why we're here for you 24/7/365.



Featured resource

Angee's story matters: reaching out for support

Listen in as Angee shares her story about reaching out for support when she needed it.

[Listen to Angee's story](#)

Talking to friends and family about mental health concerns.

Learn signs of mental distress and how to help someone in distress.

[Learn more](#)



We're here for you and your household members 24/7.
Visit us online or call anytime.

Resources
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