Mind Your Mental Health

Mental health is essential to everyone’s overall health and well-being. With one in five adults experiencing a mental illness, the Mind Your Mental Health initiative aims to raise awareness and reduce stigma around mental illness by providing education, tools and resources to help you learn practical ways to improve your mental health and understand how to help others.

Mental health topics include:
-✓ How to recognize the signs and get help for substance misuse
-✓ Tips to maintain emotional balance and improve your resilience
-✓ What to do when someone threatens suicide
-✓ Strategies to cope with anxiety and manage stress
-✓ Conversation starters to help children handle peer pressure

Go online
Visit MagellanHealth.com/MYMH today to access articles, videos, social media graphics, links to mental health organizations and more.

Share these resources with your family, friends and colleagues. Offering help and providing support can make a difference for someone who is going through a tough time.

Call your program today
Speak confidentially to a licensed clinician and receive guidance with challenges such as stress, anxiety, grief, substance misuse, relationships concerns and more.

The UNIVERSITY of OKLAHOMA
Employee Assistance Program
1-800-327-5043

MagellanAscend.com
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