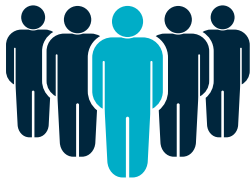


There Is No Health Without Mental Health

Our mental health plays a big role in overall health. Having a positive state of mental well-being can be a boost to physical health, while poor mental health can hurt our physical health over time.

You're Not Alone

1 in 5 adults in the **U.S.** experience mental illness each year.
That's **53 million people**.



Mental Health Can Impact Physical Health

People who live with depression are **40%** more likely to develop conditions like **heart disease** or **diabetes**.



Know the Warning Signs

Get help if you or a loved one are feeling any of these symptoms:

01

Avoiding people and usual activities

02

Having low or no energy

03

Feeling numb

04

Eating or sleeping too much or too little

05

Having unexplained aches and pains

06

Feeling helpless/hopeless

07

Smoking, drinking or using drugs more than usual

08

Feeling unusually confused, forgetful, worried or scared

09

Yelling or fighting

10

Severe mood swings that cause relationship problems

11

Intrusive thoughts

12

Hearing voices or believing things that are not true

13

Thinking about harming yourself or others

14

Unable to take care of responsibilities

(Source: mentalhealth.gov)

Don't Go It Alone

The community specialists at our Florida Blue Centers can also answer questions and help you find a doctor or resources in your community, whether you are a Florida Blue member or not. Visit your local center, call **1-877-352-5830** or learn more at floridablue.com/center.

Find more information and tips and ideas to help improve your mental well-being at floridablue.com/mentalwellbeing.

