

Feeling low? You're not alone.

One in three adults report experiencing symptoms of depression or anxiety right now.* And everyone faces their own struggles when it comes to mental health. From diagnosis to treatment, we're here to help.



Mental health care is part of every Premera health plan. Go to premera.com or call the customer service number on the back of your Premera ID card.

In a life-threatening mental health or medical emergency call 911.

In emotional distress crisis: call/text 988 Suicide and Crisis Lifeline (24/7) or chat with a counselor at 988lifeline.org.

Signs that you or a loved one could use mental health support:

- Low mood
- Fear, anger, or sadness that won't go away
- Persistent changes in appetite or difficulty sleeping

Mental health conditions are common and highly treatable. Treatment can reduce stress, anxiety, addictive behaviors, depression, and address substance use disorder. Even if you believe that what you're feeling is temporary or you're not sure if it's a problem, there's no harm in getting a mental health checkup.

When you're ready to take the next step, visit our resource center at premera.com/visitor/mentalhealth to find additional information on navigating your benefits, finding care, and more.

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