|  |
| --- |
| *This message is part of an email series offering tips for good health and advice to help you understand and get the most out of your Premera Blue Cross health plan.* |
| 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.  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.  **Online resources**  When you’re ready to take the next step, visit our resource center at [premera.com/visitor/mentalhealth](https://www.premera.com/visitor/mentalhealth) to find additional information on navigating your benefits, finding care, and more.  **TIP**  Mental health care is part of every Premera health plan. Go to [premera.com](https://www.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](https://988lifeline.org/).  \*Source: https://www.ncbi.nlm.nih.gov/books/NBK20369/ |
| Premera Blue Cross is an Independent Licensee of the Blue Cross Blue Shield Association P.O. Box 327, Seattle, WA 98111  [Discrimination is against the law](https://www.premera.com/documents/037397.pdf).  Premera Blue Cross complies with applicable Federal and Washington state civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation. 038503 (07-01-2021)  [Español](https://www.premera.com/documents/037397.pdf) | [中文](https://www.premera.com/documents/037397.pdf)  039002 (10-25-2022) |