

1 in 5 adults lives with a mental illness

Source: NAMI

You are not alone

Practice these tips to help yourself and others.

- Treat yourself and others with kindness and respect.
- Take care of yourself physically.
- Set realistic goals.
- Don't overextend yourself.
- Volunteer your time and energy to help someone else.
- Talk to a professional—it's a sign of strength.

For more information and helpful resources, visit
MagellanHealthcare.com/Mental-Health.