1 in 5 adults lives with a mental illness

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.