



# May is Mental Health Awareness Month

Anyone affected by a mental health condition should be able to get the support and care they need.

- Stigma around mental health and treatment still exists, keeping some who need treatment from getting it.
- When you talk about mental health challenges, they become more normalized and less mysterious.
- If you are struggling, reach out for care. If a loved one is suffering, be willing to listen and understand.

Call your Employee Assistance Program at 1-800-450-1327 (TTY 711) or visit [MagellanAscend.com](https://MagellanAscend.com) (use Principal Core) for helpful resources.

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