



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 1-800-588-8412 (TTY 711) or visit MagellanAscend.com (use Principal Enhanced) for helpful resources.