

# Mental Health and Wellbeing

**Our mental health affects our general wellbeing and how we connect with others at home, school, work or socially.**

**When you struggle with your mental health you may:**

- avoid friends and social activities, or have trouble relating to people
- be sad or down, feel tired or have low energy
- feel fear or worry, irritable, angry or have extreme mood changes
- find it hard to focus
- have a tough time coping with problems or stress
- notice changes in appetite, sleep or sex drive
- abuse substances

If you see these signs in yourself or a loved one, talk to a friend, family member or health care provider.

See a health care provider right away if you or a loved one is having suicidal thoughts, seems confused, has delusions, paranoia or hallucinations.

**A number of things can contribute to the risk of poor mental health, including:**

- Abusive relationships
- Early trauma, history of abuse or neglect
- Chemical imbalances in the brain
- Feelings of loneliness or isolation
- Ongoing (chronic) medical issues
- Use of alcohol or drugs
- Family history

## Good mental health for children, adolescents, and parents

Talk to your pediatrician, OB/GYN or primary care provider if you need help with your or your child's mental health or have questions. Many providers now offer in-person and virtual care options.

Through New York State Project TEACH your provider can setup a **FREE** consultation with child and adolescent psychiatrists and reproductive psychiatrists.



**If you need help finding a mental health provider, our care managers are here to help.**

**Call 1-877-222-1240 (TTY 711)  
Monday-Friday 8 a.m. - 5 p.m.**

**Excellus**   **Everybody Benefits**



## Facts

- **1 in 5 U.S. adults experience mental illness each year**
- **1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year**
- **50% of all lifetime mental illness begins by age 14, and 75% by age 24**
- **Suicide is the 2nd leading cause of death among people aged 10-14**

*National Alliance on Mental Illness (NAMI)*

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Atención: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted. Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros.

注意：如果您说中文，我们可为您提供免费的语言协助。请参见随附的文件以获取我们的联系方式。