

HELP WHEN YOU NEED IT

Mental health includes our emotional, psychological, and social well being, and is an important part of overall health. These free and confidential resources and services are available to help you deal with life's challenges on and off the job.

FEELING ANXIOUS?

Health coaches can support you to help settle your mind and calm your fears.

TROUBLE SLEEPING?

Our Time to Sleep Well program offers guided coaching led by speciality-trained Wellness Coaches.

SIGNS OF PERI-NETAL OR POST-PARTUM DEPRESSION?

Maternity Health specialists can support you and answer questions during this life-changing time.

MOTHER TO BE?

Our Baby Blue Prints program offers personalized support from Maternity Health specialists.

FEELING DOWN OR JUST NEED SUPPORT?

Get personalized support any time you need it from our trained and experienced Health Coaches.

VIRTUAL BEHAVIORAL HEALTH SERVICES

Visit [Amwell.com](https://www.amwell.com) or download the Amwell mobile app to get started using virtual medicine services for depression, anxiety, stress management, relationship and child behavior challenges, and more.

DID YOU KNOW?*

- 1 in 5 adults in America experience a mental illness.
- Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.
- One half of all chronic mental illness begins by the age of 14; three quarters by the age of 24.
- 18.1 percent (42 million) of American adults live with anxiety disorders.
- Nearly 60 percent of adults with a mental illness didn't receive mental health services in the past year.

*Data according to the National Alliance on Mental Illness.



To learn more, call Highmark Member Service at the number on the back of your ID card.

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ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。