



## **Feeling depressed?**

October 10th is National Mental Health Day and one-third of all adults report feelings of depression at some point in their lives. If you notice a change in diet, sleep habits or continued feelings of hopelessness in yourself or someone in your family, break the stigma and seek your provider's help.

## **Need a partner with your health goals?**

Your Personal Health Nurse (PHN) with Conifer Health Solutions can help. Together, you can take charge of your overall health, physically and mentally. Call your PHN, Patricia Mullen, at 1-800-459-2110 X 2247 or 410-919-4428.