

Feeling like something isn't quite right?

May is National Mental Health Month. Stress may contribute to high blood pressure, heart disease and stroke, decreased immune defenses, cancer, stomach problems, depression and anxiety disorders. The average delay between symptom onset and treatment is 11 years, meaning a lot of people spend months or years facing mental health challenges before getting a diagnosis. It is never too early to seek treatment for your mental health. Intervening effectively during early stages can save lives and is critically important for people living with mental health conditions. Why wait until you're suffering? Open the door to help. Talk to your provider about a course of action to mental wellness.

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.

