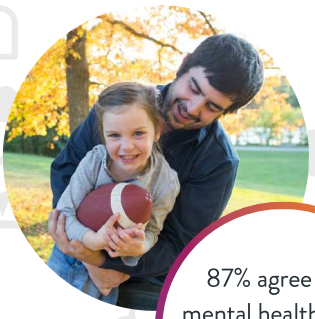
MENTAL HEALTH AWARENESS

Mental health matters. Always.

Mental health is about more than just struggles. It's about the full range of emotions we all experience, from the highs to the lows and everything in between.



87% agree that mental health issues are nothing to be ashamed of.

You matter. Your mental health matters.

Acknowledge your feelings, no matter what they are. It's okay to not feel okay. Life has its ups and downs, and struggling is a normal part of the journey. No one feels "fine" all the time.

Celebrate your wins, no matter how small. It's okay to feel okay. You don't need to feel guilty about having good days or moments of peace. Embrace your strengths and happiness.

If you're having a hard time, reach out. Talk to someone you trust or seek professional help. Your feelings are valid, and asking for help is a strength, not a weakness.

We all go through tough times, and supporting each other is key. Encourage others, too. If someone opens up, listen without judgment. Let them know it's okay to reach out for help.

There's no shame in getting help. Mental health is just as important as physical health. Seeking support when you need it shows courage and self-awareness.

Make your mental health a priority. **We can help.**

866.799.2728

answers@healthadvocate.com

www.HealthAdvocate.com/ceha

Registration code: SMJSELW

Call • Email • Message • Live Chat

We're not an insurance company. Health Advocate is not a direct healthcare provider, and is not affiliated with any insurance company or third party provider. ©2026 Health Advocate HA-M-2502016-1FLY

HealthAdvocate℠