

# HEALTH AWARENESS



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## MENTAL HEALTH AWARENESS



**M**ental health is an essential aspect of our overall well-being that affects every aspect of our lives. It is a state of psychological and emotional well-being that allows us to cope with the daily stresses of life, build strong relationships with others, and function effectively in society. Poor mental health can lead to a range of negative outcomes, including decreased quality of life, impaired physical health, and social isolation. Unfortunately, caring for mental health is often stigmatized compared to seeking help for physical ailments. Despite this, it is essential to understand the importance of mental health and how it can be improved.

### WHY CARE ABOUT MENTAL HEALTH?

Mental health includes our emotional, psychological, and social well-being. It influences how we think, feel, and act in our daily lives. Mental health problems are common and can affect anyone, regardless of age, gender, or background. In fact, according to the Cen-

ters for Disease Control and Prevention (CDC), one in five adults in the United States experiences some form of mental illness each year. The most common mental health disorders include anxiety, depression, bipolar disorder, and schizophrenia.

The importance of mental health cannot be overstated. Good mental health allows us to function well in our daily lives, build strong relationships with others, and contribute to our communities. Mental health problems, on the other hand, can lead to decreased productivity, decreased quality of life, and impaired physical health. In some cases, poor mental health can even lead to severe depression and more serious consequences.

### HOW TO IMPROVE MENTAL HEALTH

Fortunately, there are several ways to improve mental health. One of the most effective ways is to practice self-care. Self-care involves taking care of your phys-

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ical, emotional, and spiritual well-being. It can include activities such as exercise, meditation, getting enough sleep, and eating a healthy diet. Self-care can help reduce stress, improve mood, and increase overall well-being.

## **BENEFITS CORNER**

### **END OF THE COVID-19 PUBLIC HEALTH EMERGENCY(PHE)**

With the COVID-19 PHE ending, CHP will continue to cover the following:

- COVID-19 Vaccines will continue to be reimbursed without cost-sharing when administered by in-network providers and pharmacies
- COVID-19 Testing will continue to be reimbursed for in-network providers, but cost-sharing will apply similar to other lab-services
- Most telehealth flexibilities will remain in place as part of ongoing benefit coverage

Please note that the above are subject to plan parameters depending on which plan you are enrolled in for any cost sharing. SBC's and Plan Documents are available at [www.ctsi.org](http://www.ctsi.org).

If you have any questions or concerns, please contact your CHP Benefits Administrator.

## **OTHER TREATMENT OPTIONS**

Another way to improve mental health is to seek professional help. This can include talking to a therapist or psychiatrist, who can provide guidance and support for managing mental health problems. Treatment options can vary depending on the severity of the problem, but may include medication, therapy, or a combination of both. Please visit [anthem.com](http://anthem.com) to see a list of providers who may be able to help improve your mental health.

Creating a supportive and healthy environment is also important for improving mental health. This can include having strong social connections, participating in activities that bring joy and fulfillment, and maintaining a positive outlook on life. Support from family and friends can be invaluable for managing mental health problems and promoting overall well-being.

## **CARING FOR YOUR MENTAL HEALTH**

Mental health is a critical aspect of overall well-being that affects every aspect of our lives. Good mental health allows us to function effectively in society, build strong relationships with others, and contribute to our communities. Poor mental health, on the other hand, can lead to a range of negative outcomes, including decreased quality of life, impaired physical health, and social isolation. Fortunately, there are several ways to improve mental health, including self-care, seeking professional help, and creating a supportive and healthy environment. By prioritizing mental health, we can improve our overall well-being and live happier, healthier lives.