

MENTAL HEALTH MATTERS

5 Warning Signs Of Mental Illness

Extreme mood swings

Excessive fear, worry, or anxiety

Social withdrawal

Long-lasting sadness or irritability

Dramatic changes in eating or sleeping habits



Ways To Get Help

Talk with a
Healthcare
Professional



Connect with
friends & family



Join a support group

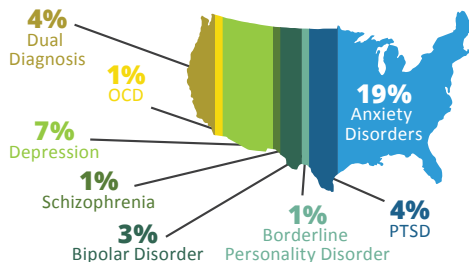
800-950-6264

National Alliance of Mental Illness

800-273-8255

National Suicide Prevention Lifeline

Common Mental Illnesses



1 in 5 Five stylized human figures in black, with the second figure from the left highlighted in blue, representing 1 in 5.

U.S. Adults experience mental illness

YOU ARE NOT ALONE



Scan here to view
a video about
mental health

 **novobenefits**

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MORE INFORMATION

Millions of people are affected by mental illness each year. Therapy, medication, and self-care have made recovery a reality for most people experiencing mental illness. Although taking the first steps can be confusing or difficult, it's important to start exploring options.

Many resources exist to help those struggling with mental illness.

The National Alliance of Mental Illness (NAMI) is a helpline that is available toll-free at **800-950-6264** with advice and resources. If you are experiencing strong feelings of self-loathing, helplessness, or depression, call the national suicide lifeline at **800-273-8255**. They are available 24/7 and provide free and confidential support to people in distress.

For more mental health resources, visit the National Alliance of Mental Illnesses at www.nami.org