



Care that goes beyond your body

Your mental health is just as important as your physical wellbeing. Whether you're feeling stressed, want to discuss treatment for depression or just need someone to listen, The Wellness Center is here for that and more.

Here are a few daily habits that can help nourish your mind:

- Be kind to yourself, and practice positive self-talk.
- Surround yourself with good people.
- Practice gratitude and try to appreciate what you have.
- Be present and in the moment.
- Quiet your mind through meditation, mindfulness or prayer.
- Take care of your body by eating well and exercising.
- Call Optum EAP (888) 327-4562 for additional support.

Let's talk.

Call your Wellness Center to schedule an appointment.

If you are experiencing a mental health crisis or emergency, please call the Suicide & Crisis Lifeline at 988, the Universal Emergency Number at 911, the National Suicide Prevention Lifeline at (800) 273- 8255 or text "HOME" to 741741.

Who can use these services?

The Wellness Center is available to all employees, regardless of medical plan.



