

HEALTH BEAT | SEPTEMBER 2022

Don't go it alone

No matter what you may be struggling with, GDBIW is here to help.



It's not all in your head.

Anxiety and depression can be hard to handle on your own. It's important to recognize how you're feeling and know when to reach out for help. Take time this month to learn about the resources that are available to help you strengthen and maintain your mental well-being.

Three ways we support you:

1 Counselors who can help

1 out of 5 people in the US over the age of 12 have a mental health condition. While not uncommon, it can still be uncomfortable sharing your mental health concerns with someone you know. Life365 offers 24/7 access to free and confidential support. Call **877-622-4327** or visit **myCigna.com** to connect with a counselor who can help.

2 Health Coaches to keep you on track

When life gets hectic, it can be hard to find the time or motivation to maintain healthy habits, especially if you are struggling with mental health issues. To be the best version of yourself, it's important to maintain self-care and healthy habits. Health Coaches from Fit for Life can help you start and stay on track with a personalized wellness plan that works best for you. Call **207-442-3145** or email **biwfitforlife@gdbiw.com** to get started.

3 Tools to help you manage your finances

Knowing how to save and invest your money can be tricky, especially in uncertain economic times. Managing your money doesn't have to be stressful. Fidelity's Planning and Guidance Consultants will work with you to create a plan that is customized to your financial goals. Call **866-973-5023** or visit **gdbenefits.com** to get started.

Dial 988 for mental health emergencies.

The new National Suicide Prevention Lifeline is staffed with professionals trained in **crisis intervention** who can provide **24/7 free and confidential support and resources.**

Did you know...

Suicide is the second leading cause of death for adolescents and young adults ages 15-24. Depression and suicidal thoughts can be managed and controlled by seeking out support. **Don't be afraid to talk about mental health**, it could save a life.

Source: aacap.org

If you do one thing in September: Visit 988lifeline.org and learn how you can help prevent suicide.