



# TOGETHER for Mental Health

## Mental Health Matters

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May is Mental Health month and at ABC we are making it our mission to spread the word of education, advocacy and support for mental illness. This month is dedicated to stopping the stigma and supporting each other through the journey of mental health.

Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. According to Mental Health America, more than 44 million American adults; around one in five — have depression, anxiety, or other mental health conditions. And despite being highly treatable, the stigma and misconceptions surrounding mental health prevent more than half of those who have it from seeking treatment each year.

Mental health is essential to everyone's overall health and well-being. Untreated Mental health conditions can lead to serious health complications, such as heart disease, high blood pressure, chronic fatigue, a weakened immune system and more. But most importantly, treatment is important and you matter and living your best life matters.

What does your health plan cover when it comes to mental health?

Cost of care can be a huge barrier for people seeking mental health treatment. To determine how much therapy will cost as a Wellmark Member, log in or register for myWellmark. Virtual visits are covered by your Wellmark health insurance plan. With virtual visits, you can use your smartphone, tablet or computer to see an experienced doctor who can treat common conditions like the common cold or physical injuries, as well as mental health conditions like anxiety, depression and more.

### Mental Health Screening

One way to check in with yourself is to take a mental health screening. It's a quick, free, and private way for someone to assess their mental health and recognize signs of mental health problems.

Take a mental health screening:

<https://mhawny.org/screening/>



Have questions on what is covered?  
Call us: (800) 747-4421