

April

MENTAL HEALTH MONTH



What is Mental Health

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act, and helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Signs and Symptoms

Symptoms for mental health changes can vary in severity and duration, but in general may include: feelings of sadness or emptiness, being overly pessimistic or hopeless, unexplained crying, bothered more easily over certain scenarios, loss of interest in hobbies, excessive fatigue, difficulty concentrating and remembering, and difficulty sleeping and staying asleep.

Speak with your health care provider if you experience these symptoms regularly for two weeks or more.

What Can I Do

There are many things that we can do to help manage and support our mental health, including exercise, avoid alcohol and substance use, set boundaries, practice self-care, eat a healthy diet, and seek support from a professional.

Find Support

Get fast easy, virtual psychiatrist, psychologist, or therapist visits. With LiveHealth Online, you can have a video visit with a board-certified psychiatrist, psychologist, or therapist from your computer with a camera, tablet, or smartphone.

Appointments are available from 7:00 a.m. to 11 p.m. Call 888-548-3432 or 844-784-8409 or visit livehealthonline.com



Living ➤ **Well**

Always seek the advice of your mental health professional or other qualified health provider with any questions you may have regarding your condition.

Our **HEALTHY**
KENTUCKY Home

#OurHealthyKYHome

[Our Healthy Kentucky Home – Our Healthy Kentucky Home](https://www.healthline.com/health/depression)

TEAM
KENTUCKY
PERSONNEL CABINET

Kentucky Employees'
Health Plan