

# MENTAL HEALTH MATTERS

## **"TIPS TO BOOST YOUR MENTAL HEALTH"**

Chronic stress can cause or worsen serious health problems such as anxiety and depression. Here are a few ideas to help *improve your mental health*:

1. **Get active!** Exercise releases feel-good endorphins and other natural brain chemicals to improve your overall mood and can also improve sleep. Any movement is better than none.
2. **Spend time with people you trust:** Family and friends who you maintain a positive relationship with can provide emotional support. Stay connected and remember that you are not alone.
3. **Set goals and prioritize:** Create a reasonable daily to-do list and break large projects into smaller tasks. Depression and anxiety can make daily tasks feel very overwhelming. Focus on what you can accomplish instead!
4. **Avoid using drugs and alcohol:** Alcohol and drugs can worsen anxiety and depression. If you are dealing with addiction, the idea of quitting can make you anxious. Speak with your healthcare provider or find a support group to help you.
5. **Practice mindfulness:** Sit quietly and focus on your natural breathing or repeat a word or mantra. Observe your thoughts and feelings without judgement and maintain focus on your breath or mantra.
6. **Do Breathwork:** Breathing techniques help you calm your mind and body. Practice a breathing technique daily, when you feel anxious, or before bed for more restful sleep. Deep, slow breathing can also reduce blood pressure and heart rate.
7. **Try therapy:** If your daily life is being affected by feelings of anxiety, sadness, hopelessness, or irritability, talk to a professional. Access all MCSIG benefits via the [Transcarent app](#). Health guides are available 24/7 to assist MCSIG members.





# MCSIG Mental Health Options

| Click on the titles to visit a website | <a href="#">BLUE SHIELD</a>                | <a href="#">BRIGHTLINE</a><br>Behavioral Health Support for Families | <a href="#">HEADSPACE CARE</a><br>On demand mental health support 24/7 | <a href="#">METLIFE</a>                                                           | <a href="#">Mood Health</a>                               |
|----------------------------------------|--------------------------------------------|----------------------------------------------------------------------|------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------|
| MCSIG Plans                            | All PPO Plans (PPO Select in-network only) | All PPO Plans                                                        | All PPO Plans                                                          | All PPO Plans                                                                     | All PPO Plans                                             |
| Online                                 | <a href="#">Blueshield.com</a>             | <a href="#">hellobrightline.com/MCSIG-join</a>                       | <a href="#">wellvolution.com/mentalhealth</a>                          | <a href="#">Metlifeeap.lifeworks.com</a><br>username: metlifeeap<br>password: eap | <a href="#">https://moodhealth.com/pages/welcome-svmc</a> |
| Phone                                  | (831) 755-8055                             | (888) 224-7332                                                       | Member must register above to access Ginger                            | (888) 319-7819                                                                    | (619) 639-9738                                            |
| Copay                                  | Plan Copay                                 | Plan Copay                                                           | No charge for behavioral health coaching                               | No Copay                                                                          | Please contact Blue Shield for cost according to plan     |
| Ages                                   | varies                                     | 18 months to 17                                                      | 18+                                                                    | ages 5+                                                                           | 18+                                                       |
| Licensed Counselors                    | Varies by provider                         | Telehealth                                                           | Video therapy & Psychiatry (co-pay applies)                            | In-person & Telehealth: 5 visits per issue, per year                              | Online Therapy & Psychiatry                               |
| Psychiatrists                          | Age varies by provider                     | Yes                                                                  | Yes                                                                    | No                                                                                | Yes                                                       |



## MENTAL HEALTH CRISIS LINE: DIAL 9-8-8

More than 1 in 5 adults in the U.S. live with a mental illness.

- National Institute of Mental Health, 2021

The above information is not intended to diagnose or treat any mental illness and cannot take the place of seeing a medical professional. If you think that you are anxious or depressed, the best thing you can do is to seek help from a medical professional as soon as possible.



Contact MCSIG Customer Service at 831-755-8055