



# Increase your mental health awareness

Do you realize just how prevalent mental health conditions are in the people around you? It's important to maintain sensitivity to the mental health challenges that many others face. Similarly, if you struggle with such problems, it helps to recognize that you're not alone.

Your program offers support and resources to help you and your family cope with mental health conditions.

**Call today or log on to**  
**[magellanascend.com](http://magellanascend.com).**

Employee Assistance Program  
For Professional Consultation

**Call 1-800-523-5668**

For TTY Users: 1-800-456-4006

