



## Mental illness is nothing to be ashamed of

Mental illness is incredibly common. One in five adults experiences a mental health condition every year and depression is the leading cause of disability worldwide.<sup>1</sup> Yet, the stigma surrounding depression and other mental health conditions keeps many people from seeking the care that they need. According to Mental Health America, a whopping 56% of American adults with a mental illness did not receive treatment in 2017.

### How you can help

Showing empathy can be a very useful tool in breaking down the stigma associated with mental illness. Here are three ways to be more empathetic to a person who is struggling:

- 1 Listen to how they are feeling and what they need.
- 2 Don't judge. Make an effort to have a meaningful conversation so you can better understand their reality.
- 3 Put yourself in their shoes and truly imagine living their life – you'll gain a whole new perspective.

### Advocacy

Want to get involved? Each year during the first full week of October the National Alliance on Mental Illness (NAMI) sponsors a Mental Illness Awareness Week. Join NAMI in shining a light on mental illness and replacing stigma with hope by taking the #StigmaFree pledge at [nami.org/stigmfree](https://nami.org/stigmfree).

### Screening

If you or someone you care about needs a mental health assessment, anonymous online tools are available. A free mental health screening is available at [HelpYourselfHelpOthers.org](https://HelpYourselfHelpOthers.org).



Concerned about your or a loved one's mental health? ConnectiCare members can get the support they need using the behavioral health benefit through Optum. Call 1-888-946-4658 or visit [liveandworkwell.com](https://liveandworkwell.com)

## Questions? Get in touch!

**By phone:** 1-800-251-7722 (TTY: 1-800-833-8134)  
Monday-Friday 8 a.m.-8 p.m. ▪ Saturday 9 a.m. -2 p.m.

**In person:** At a ConnectiCare center, Monday – Saturday  
For locations and hours, go to [visitconnecticare.com](http://visitconnecticare.com)

**Online:** [connecticare.com](http://connecticare.com) Follow us:  



1. National Alliance on Mental Illness website; Accessed Aug. 22, 2017;  
<https://www.nami.org/Learn-More/Mental-Health-By-the-Numbers>

Services received through the Optum benefit may require pre-authorization and/or a copayment, and there may be a deductible. There is no charge for obtaining a referral. For details, refer to your plan documents.

The information provided is NOT intended to be medical advice and should not be treated as a substitute for professional medical advice and care. Please contact your physician when seeking any medical advice. ConnectiCare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-251-7722 (TTY: 1-800-833-8134). ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-800-251-7722 (TTY: 1-800-833-8134).