

# mental health awareness month

PACK HEALTH<sup>®</sup>

A Quest Diagnostics Company

## Personalized Support & Resources

### DID YOU KNOW?

According to the CDC, more than 50% of Americans will be diagnosed with a mental health condition at some point in their lifetime.<sup>1</sup> As many as 57.2 million Americans were also diagnosed with a mental health condition in 2019,<sup>2</sup> highlighting the continued need for mental health support.

### PERSONALIZED MENTAL HEALTH SUPPORT

Pack Health's patient engagement programs help members manage conditions and improve overall health and wellness. Our mental well-being program offers customized support for individuals who live with anxiety, depression, and high stress.



Weekly **one-on-one engagement** with a dedicated Health Advisor



Help communicating with **care team & social support**

### ADDITIONAL RESOURCES

Here's some additional resources for information, tips, and much more.



#### **American Psychiatric Association: Resources for patients & families**

[psychiatry.org/patients-families](https://www.psychiatry.org/patients-families)



#### **Anxiety & Depression Association of America**

[adaa.org/educational-resources](https://adaa.org/educational-resources)



#### **National Alliance on Mental Illness: Webinars**

[nami.org/support-education/podcasts-and-webinars](https://nami.org/support-education/podcasts-and-webinars)



#### **Helpguide.org: Supportive articles & tips**

[helpguide.org](https://helpguide.org)



**get started today!**

enroll online at [packhealth.com/usa](https://packhealth.com/usa)  
or call 1.855.255.2362



<sup>1</sup>Centers for Disease Control and Prevention. About mental health. Centers for Disease Control and Prevention. Published June 28, 2021. Accessed April 4, 2023. <https://www.cdc.gov/mentalhealth/learn/index.htm#:~:text=1%20in%2025%20Americans%20lives,bipolar%20disorder%2C%20or%20major%20depression>

<sup>2</sup>Centers for Disease Control and Prevention. FastStats - Mental Health. Centers for Disease Control and Prevention. Published January 25, 2023. Accessed April 4, 2023. <https://www.cdc.gov/nchs/fastats/mental-health.htm>

Pack Health is not intended to substitute for medical advice provided by a person's treating healthcare provider and is not intended to practice of medicine. Pack Health is intended to be an aid for people to gain insights into ways to help improve their general health and well-being. Only a person's healthcare professional should diagnose and treat their patients based on the provider's clinical assessment, education and training. This service should not be used as a substitute for a person's healthcare provider.

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