

Start the conversation



According to the National Alliance on Mental Illness (NAMI), **one in five Americans lives with a mental health concern**, such as depression or anxiety. However, stigma and limited access to care prevent many people from seeking support.

This May, during Mental Health Awareness Month, **you can help change that.** Take a moment to educate yourself and others, share resources and start meaningful conversations that lead to positive change.

Your program offers various resources, including 24/7/365 in-the-moment phone support, coaching, counseling, online courses, videos and practical tip sheets—so help is always within reach, for you or someone you care about.

Visit your program's web platform or mobile app to get started.

Take the next step in your wellbeing journey

800-699-9868

mysupportlinc.com

group code: sysco

