Supporting your **whole self**

PacificSource
Medicare

Shining a light on **mental health**

5 facts about mental health

Your mental and physical health are equally important to your overall health. Yet many people have negative feelings and thoughts about mental health. And these can make seeking support difficult. Learning more about mental health can make it easier to take the first steps toward feeling better.

It matters. The term "mental health" refers to our emotional, mental, and social well-being. It impacts how we function, handle stress, relate to others, and make choices. It also affects our physical health.

It's very common. More than 50% will be diagnosed with a mental health condition in their lifetime.[1] Examples include depression, anxiety, post-traumatic stress disorder, and substance use disorder.

Causes vary. A number of things can cause mental illness. These include genetic factors, stressful or traumatic life events, and ongoing health conditions. Mental health problems are not a sign of weakness.

There's a physical health connection. Those with certain conditions, such as **chronic obstructive pulmonary disease, congestive heart failure, diabetes,** or **chronic kidney disease,** are more likely to experience mental health symptoms.

Treatment works. Whether your symptoms are mild or severe, you don't have to suffer. With the right treatment, 70% to 90% of people show a major drop in symptoms and improved quality of life.[2]

[1.] Centers for Disease Control and Prevention (CDC), CDC.gov/mentalhealth/learn
[2.] National Alliance on Mental Illness (NAMI)

More than just sadness

Depression, one of the more common mental health conditions, can appear in many ways:

Feeling irritable or frustrated

Tiredness or sleep problems

Difficulty concentrating or remembering things

Change in appetite

Loss of interest in things you used to enjoy

Don't wait to get care—here's how:

If you are in crisis or suicidal, call **911** or the National Suicide Prevention Lifeline: **800-273-8255,** TTY 711. The call is toll-free and confidential.

If it's not an emergency, your regular doctor is a good place to start. They can also refer you to a mental health care professional.

You're not alone.
Our Customer Service team can answer your benefit questions, help you find a provider, or connect you to community resources. Contact us at **888-863-3637,** TTY 711 or MedicareCS@PacificSource.com.

PacificSource Medicare

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Reach out to us. We'd love to hear your voice.

888-863-3637, TTY 711
MedicareCS@PacificSource.com

We're available:
Oct. 1 - Mar. 31: 8:00 a.m. - 8:00 p.m., seven days a week
Apr. 1 - Sept. 30: 8:00 a.m. - 8:00 p.m., Monday - Friday

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