

When to be concerned:

- Team members withdrawn at work
- Increased absenteeism or unusual hours
- Inconsistent performance
- Loss of confidence or motivation
- Lapses in memory
- Disheveled appearance



Break the Stigma

Mental Health Matters

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Mental Health Matters

State Employees Only: Anthem Blue Cross Blue Shield	1-800-224-0336
State Employees Only: SELF (EAP) through ComPsych	1-800-808-2261
Crisis Text Line	Text CONNECT to 741741
National Crisis Text Line	Text MOSAFE to 741741
National Suicide Prevention Lifeline	1-800-273-8255 (TALK)
Disaster Distress Helpline	1-800-985-5990
Mental Health America Hotline	Text MHA to 741741
National Alliance on Mental Illness	1-800-950-6264
National Institute of Mental Health	1-866-615-6464
Substance Abuse & Mental Health Services Administration	1-800-662-4357