



BlueCross BlueShield of Illinois

WELLNESS  CAN'T WAIT



## Wellness Can't Wait

- ☒ Order takeout
- ☒ Run an errand
- ☐ **Talk to a Behavioral Health Specialist**

**Some things should be checked first.**

**If you struggle with thoughts or feelings that make it harder to get through your day, **you're not alone.****

About half of people in the U.S. will suffer from a mental health issue at some point in their lives.<sup>1</sup>

Care from a mental health expert can help you manage your emotions and deal with challenges.

**Mental health is just as important as physical health.**

You and your family members can get support for issues such as:

- Depression
- Anxiety and panic attacks
- Attention deficit (ADHD/ADD)
- Substance use
- Autism
- Bipolar
- Eating disorders

**For more information, visit**  
<https://connect.bcbsil.com/wellness-cant-wait>



**HAVE YOU EXPERIENCED STRESS OR ANXIETY?  
SEEK CARE FOR YOUR MENTAL HEALTH.  
WELLNESS CAN'T WAIT.**



## Blue Door Neighborhood Center<sup>SM</sup>

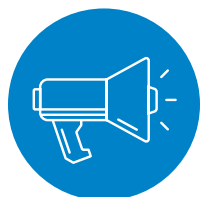
**Can you tell the difference between feeling sad and suffering from depression?**

Would you be able to recognize if drinking has become a problem? Do you know how to spot signs of stress overload?

Even if you're working on your physical health, don't neglect your mental health. Be on the lookout if you or a family member shows signs of a mental health issue. Some issues include depression, stress, substance abuse and anxiety.

You can also stop by the center or check online at [bcbsil.com/bdnc](https://bcbsil.com/bdnc) for mindful breathing classes or for mental health first aid training.

### Additional Resources



**National Suicide  
Prevention Lifeline**

call 800-273-8255 or  
chat online at  
[suicidepreventionlifeline.org](https://suicidepreventionlifeline.org).

**NAMI Chicago**

find support groups, classes  
or other resources can call  
833-626-4244 or visit  
[NAMIChicago.com](https://NAMIChicago.com).

**Blue Cross and Blue Shield  
of Illinois members**

visit [bcbsil.com](https://bcbsil.com) to find  
a provider.