

Please forward to your employees.



HealthAdvocateSM

May is Mental Health Awareness Month

**Feeling down
or upset?**

You don't have to go it alone.

Health Advocate is here to support you when feelings of sadness, anger, anxiety, grief or helplessness don't go away. A Licensed Professional Counselor will listen, help you work through your problems and give you practical strategies to help you feel happier and more in control of your life. It's completely confidential. **In a crisis, help is available 24/7.**



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