



## Every day is a mental health day

### Build a team to support your mental health

Part of improving your mental health is knowing that sometimes others can help more than you might expect. That help may come from family, a friend, a spouse or partner or a health professional. Your doctor and a mental health therapist can be part of the team that helps you access the right care, maintain your health and reach your well-being goals.

This week's resources focus on the importance of regular check-ins with your support team. They include ideas about when to seek out a therapist and what to expect in your first visit.

**Every day is a mental health day. We're here 24/7 for you and your household members.**

**Give us a call for free, confidential help and referrals for any emotional or mental health concerns you may have.**

[View this week's resources](#)

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1962316-04-01-RFL (5/23)