



Get involved with The Campaign to Change Direction

Aetna Behavioral Health

What comes to mind when you think about mental illness? Believe it or not, your views on mental health issues can impact others' health. Chances are, you or someone you care about has struggled with a mental health problem at some point. After all, one in five adults experience a mental health disorder each year.¹ And you may be surprised to learn that mental health issues can be more disabling than deafness or severe vision loss.²

What can you do?

You don't have to be a trained therapist to make a difference. By learning about mental health issues and how to provide support, you can help. **The Campaign to Change Direction** is a good place to start.

Endorsed by the First Lady and other national leaders, The Campaign to Change Direction aims to change the conversation about mental health. It's focused on raising mental health awareness and teaching support strategies. People don't have to suffer alone or avoid treatment because of stigma. Find out more by **watching this short message from Louise Murphy, Head of Aetna Behavioral Health.**

Watch for signs

How do you know if someone might have a mental health problem? You might not be able to tell. But if you notice certain changes, they could signal that a person may be in emotional pain. Concerning signs can include:

1. Showing sudden or gradual personality changes
2. Acting angry, agitated or moody more than usual
3. Becoming withdrawn from other people
4. Making bad choices like abusing drugs or alcohol, poor self-care and other self-destructive behaviors
5. Expressing hopelessness

If you observe any or all of these signs — show concern, give hope and find help. **Watch this helpful video to learn more.**

¹www.nimh.gov

²Mental Health First Aid

Take the pledge

Join others in spreading the message that being healthy includes mental health. You can take the pledge and increase awareness around mental health issues. **Visit our mental health awareness pledge** on your own or with your team. It only takes a few minutes to make a difference.

You can help make the world a healthier place. Learn how to spot signs of suffering. Reach out. Challenge stigma. Watch our videos. And take the pledge. You could change a life.



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