

DID YOU KNOW ?

Over 18% of U.S. adults had a substance use disorder in the past year.

Nearly 1 in 5 American adults will have a diagnosable mental health condition in any given year.

About 1/2 of Americans will meet the criteria for a diagnosable mental health condition sometime in their lives.



It is never too late to seek treatment for your mental health. Utilizing mental health and wellness services, such as an Employee Assistance Program (EAP), can help you:

- Learn better strategies to cope with life's challenges
- Strengthen healthy communication skills to improve relationships
- Develop an individualized wellness plan
- Learn how to navigate and better resolve disagreements and conflict
- Recognize signs and symptoms of a possible mental health condition and determine possible treatment options

Call to schedule an appointment
419.475.5338
800.422.5338

