



It's Okay to Need Help

Take care of your mental health to cope with what life brings your way.

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.¹

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.

Your health plan includes access to mental health care like therapy and medicines that might help. You and your family members can get support for issues such as:

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

www.bcbsil.com/boeing

1. https://www.cdc.gov/mentalhealth/data_publications/index.htm

Your journey is one-of-a-kind.

Whether you need support to get through everyday life or a major crisis, seeking help is the first step to getting better.

Our Boeing-dedicated customer service team can help you and your covered dependents find in-network behavioral health (BH) providers. They can also schedule an appointment with a BH provider for you. To speak to a Health Advocate, call Boeing Member Services at **888-802-8776**. When prompted, select "behavioral health."