Sometimes what hurts isn't physical



Your mental and emotional wellbeing affects every aspect of your life, from personal relationships and your physical health to your ability to do your job. Here are some signs you could use a little extra support even if you don't have a diagnosed condition.

6 signs you could benefit from emotional health support

1 Changes in sleep or eating habits
A notable increase or decrease in appetite and disrupted sleep patterns can be red flags.

2 Unexplained physical ailments
These can include headaches, upset stomach, and general aches and pains.

3 Chronic fatigue and a lack of energy
Everyone gets run-down, but it's not normal to feel that way for weeks or months.

4 Shunning social activity
Personal connections are crucial to good mental health, even if visits are virtual.

5 Growing stress caused by daily activities
This can take many forms, from an inability to cope with problems to simply feeling overwhelmed.

6 Substance abuse
Overdrinking or using drugs is a common sign of more serious underlying issues.



If you need help finding an affirming and supportive health care or mental health provider, our care managers are here to help.

Call 1-877-222-1240 (TTY 711) Monday – Friday, 8 a.m. - 5 p.m.

Knowing where to go when you need mental or emotional help is the first step toward improving your mental health.

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If you or someone you know needs help, here is a list of helpful resources.

For more resources, scan this code:

Find an in-network provider	Find an in-network behavioral health provider, including psychologists, psychiatrists, therapists and counselors.	**Visit ExcellusBCBS.com/FindADoctor**
Virtual care visits by phone or video	Many local providers offer virtual visits, plus with our partner MD Live you have 24/7 access to non-urgent behavioral health care by phone or video.	Learn more, register or setup a visit with MD Live **Visit ExcellusBCBS.com/VirtualCare**
Connect with a Care Manager	Our Excellus BCBS Care managers include licensed clinical behavioral health specialists, licensed social workers, pediatric care managers, and others. We are here to help connect you with the resources and support you need to manage anxiety, depression, grief or loss, PTSD, and more.	**Call 1-877-222-1240** (TTY 711) Monday – Friday, 8 a.m. - 5 p.m.
National Alliance on Mental Health (NAMI)	The NAMI HelpLine provides information, resource referrals and support to people living with a mental health condition.	Contact the NAMI HelpLine Monday – Friday, 10 a.m. - 10 p.m. E.T. **Call 1-800-950-NAMI (6264)** (TTY 711) **Text 62640** **Chat NAMI.org/help**
Substance Abuse and Mental Health Services Administration (SAMHSA)	Find mental health and/or substance use disorder treatment.	**Visit FindTreatment.gov** **Call 1-800-662-HELP (4357)**
988 Suicide & Crisis Lifeline	The Lifeline provides 24/7, free and confidential support for people in distress, suicide prevention and crisis resources for you or your loved ones.	**Call or text 988*** **Call 1-800-273-8255** (TTY 711) (language assistance is available) **988 may not be available in every state*
Emergency	If you or a loved one are experiencing an emergency **Call 911 or go to the nearest emergency room.**	

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