The stigma behind mental health can cause many people to censor how they’re really feeling. But with education and a commitment to overcoming the stigma, we can make a change. Dig deeper into mental health topics that are important to you at liveandworkwell.com. In these short videos from PsychHub, you’ll hear personal stories, find out about common symptoms and learn how treatment can help restore health and well-being.

## Mental health: Signs and symptoms

The stigma behind mental health can cause many people to censor how they’re really feeling. But with education and a commitment to overcoming the stigma, we can make a change. Dig deeper into mental health topics that are important to you at liveandworkwell.com. In these short videos from PsychHub, you’ll hear personal stories, find out about common symptoms and learn how treatment can help restore health and well-being.

### Panic disorder

Don’t let panic attacks take over your life. See how one sufferer tackles hers.

### Anxiety

Anxiety can make everyday life hard. Learn how to cope — and get your life back.

### Suicidal ideation

Learn how to listen, watch and ask when someone signals thoughts of suicide.

### Depression

If it’s hard to remember what happiness feels like, it could be depression. You’re not alone.

### Sleep difficulties

Can’t sleep? Always tired? With help, you can learn how to get the restful sleep you need.

### Anhedonia

If you’ve stopped enjoying what you used to enjoy, there is hope.

### Concentration problems

An inability to focus can be a sign of ADD, depression or sleep issues.

### Guilt or self-blame

Learn how therapy can help you learn to let go of guilt and shame.

### Unwanted memories

A traumatic event can come back to haunt you. Learn how to make peace with the past.

### Drinking or using more than intended

Former Congressman Patrick Kennedy talks about his own struggle with substance use — and how recovery is possible.

For more information, call your Optum Behavioral Health Plan at 1-866-649-4873.

Available 24 hours a day, seven days a week.

#pledge2Bstigmafree