











# I'm feeling ~~anxious~~

## 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](https://www.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.

 <p><b>Panic disorder</b></p>	<p>Don't let panic attacks take over your life. See how one sufferer tackles hers.</p>	 <p><b>Anxiety</b></p>	<p>Anxiety can make everyday life hard. Learn how to cope — and get your life back.</p>
 <p><b>Suicidal ideation</b></p>	<p>Learn how to listen, watch and ask when someone signals thoughts of suicide.</p>	 <p><b>Depression</b></p>	<p>If it's hard to remember what happiness feels like, it could be depression. You're not alone.</p>
 <p><b>Sleep difficulties</b></p>	<p>Can't sleep? Always tired? With help, you can learn how to get the restful sleep you need.</p>	 <p><b>Anhedonia</b></p>	<p>If you've stopped enjoying what you used to enjoy, there is hope.</p>
 <p><b>Concentration problems</b></p>	<p>An inability to focus can be a sign of ADD, depression or sleep issues.</p>	 <p><b>Guilt or self-blame</b></p>	<p>Learn how therapy can help you learn to let go of guilt and shame.</p>
 <p><b>Unwanted memories</b></p>	<p>A traumatic event can come back to haunt you. Learn how to make peace with the past.</p>	 <p><b>Drinking or using more than intended</b></p>	<p>Former Congressman Patrick Kennedy talks about his own struggle with substance use — and how recovery is possible.</p>

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

Available 24 hours a day, seven days a week.

#pledge**2B**stigmafree

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