



## Join the fight against mental and behavioral health stigma.

Mental and behavioral health conditions affect nearly 1 in 5 American adults each year.<sup>1</sup> Of those, 60% don't receive any form of treatment services, which could be due to the stigma associated with these conditions.<sup>2</sup>

Join UnitedHealthcare in talking more openly about mental and behavioral health to help overcome the stigma. When we work together to educate employees and build a stigma-free workplace, employees are empowered to seek help when they may need it.



# Three things you can do in your organization to help stop the stigma.

## 1 Start with your leadership.

Identify an executive champion who will help drive the work forward and be an advocate for your anti-stigma efforts.

## 2 Engage in open dialogue.

Open conversations to help break down stigma and build understanding.

## 3 Participate in ongoing education.

Use resources to educate yourself and others on mental well-being.



**Be part of the solution.**

#pledge2Bstigmafree

**Contact your UnitedHealthcare representative for more information.**

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<sup>1</sup> National Institute of Mental Health website, data from 2017 National Survey on Drug Use and Health by the Substance Abuse and Mental Health Services Administration. [nimh.nih.gov/health/statistics/mental-illness.shtml](https://www.nimh.nih.gov/health/statistics/mental-illness.shtml).

<sup>2</sup> Park-Lee E, Lipari RN, Hedden SL, Kroutil LA, Porter JD. Receipt of services for substance use and mental health issues among adults: Results from the 2016 National Survey on Drug Use and Health. NSDUH Data Review. [samhsa.gov/data/sites/default/files/NSDUH-DR-FFR2-2016/NSDUH-DR-FFR2-2016.pdf](https://www.samhsa.gov/data/sites/default/files/NSDUH-DR-FFR2-2016/NSDUH-DR-FFR2-2016.pdf). Published September 2017. Accessed July 13, 2018.

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