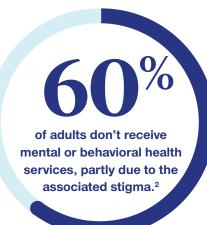


Mental and behavioral health conditions affect nearly 1 in 5 American adults each year. Of those, 60% don't receive any form of treatment services, which could be due to the stigma associated with these conditions.

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.



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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.

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

Participate in ongoing education.



Contact your UnitedHealthcare representative for more information.

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UnitedHealthcare does not recommend or endorse any treatment or medications, specific or otherwise. The information provided is for educational purposes only and is not meant to provide medical advice or otherwise replace professional advice. Consult with your clinician, physician or mental health care provider for specific health care needs, treatment or medications. Certain treatments may not be included in your insurance benefits. Check your health plan regarding your coverage of services.

¹ 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

² 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. Published September 2017. Accessed July 13, 2018.