January is Mental Wellness Month

Being mentally healthy is a vital part of our overall well-being.

Having awareness of the signs of mental health problems is important. Remember that mental health treatment works.

Improved self-care, and compliance with treatment plans and medication instructions, can significantly boost your mental wellness. Contact your program for mental health information and resources.

Magellan HEALTHCARE

Creighton UNIVERSITY

Employee Assistance Program

1-800-424-4831

Call today or log on to MagellanAscend.com