

# Seeking Mental Health Care

Taking the first steps are often the hardest ones.

Your mental health is vital. It affects how you think and feel, handle stress, relate to others and make healthy choices. But letting others know you are struggling and asking for help can be tough.

- Start by sharing your concerns with someone you trust – a friend, family member or co-worker.
- The person to share your worries with can be a sounding board to help you figure out your next steps.
- Consider talking to your doctor or a mental health professional.
- If your workplace has an Employee Assistance Program, seek their help in finding the care you need to feel better.
- Remember, you don't have to face emotional challenges alone.

