

# Get mental health support.



When you notice a change in how you're feeling, it may be a sign that it's time to prioritize your mental health. Here's what your symptoms could mean:



## Symptoms of Anxiety

- Feelings of restlessness
- Difficulty concentrating
- Excessive worrying
- And more



## Symptoms of Depression

- Feelings of hopelessness
- Trouble concentrating
- Having less energy
- And more

Our counselors are here to support you. COMPANY NAME virtual counseling powered by First Stop Health is provided to COMPANY NAME ELIGIBLE EMPLOYEES and their ELIGIBLE FAMILY for COPAY.

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