

Mental Health Care Challenge

Accomplish 3+ this month, report to kendra.houghton@acgov.com, and earn a great reward!

DOWNLOAD LIVE
HEALTH ONLINE
APP & REGISTER

POST
EAP INFO IN
YOUR OFFICE

TELL A CO-WORKER
ABOUT
LIVE HEALTH ONLINE

SCHEDULE A COUNSELING OR
PSYCHIATRY APPOINTMENT THROUGH
LIVE HEALTH ONLINE APP

TELL A CO-WORKER ABOUT
EAP COUNSELING OPTIONS

CHECK OUT THIS INFO ON COMMON MENTAL HEALTH
DISORDERS, NOTE ANY FAMILIAR SYMPTOMS, AND
CONSIDER SEEKING OR SUGGESTING HELP

TAKE AN ANTHEM
EMOTIONAL WELL-
BEING ASSESSMENT

CLICK
HERE

CLICK
HERE

CLICK
HERE

CLICK
HERE

SCHEDULE AN EAP
COUNSELING SESSION

SCHEDULE A MENTAL HEALTH
DISORDER AWARENESS
HEALTHY HOUR WITH KENDRA
kendra.houghton@acgov.com

GIVE A PERSONAL
TESTIMONY OF COUNSELING
OR PSYCHIATRY SUCCESS
TO A CO-WORKER, FRIEND,
OR FAMILY MEMBER

MEET WITH YOUR OWN
COUNSELOR OR PSYCHIATRIST

TAKE AN ONLINE ASSESSMENT TO
DETERMINE IF YOU SHOULD SPEAK TO A
PHYSICIAN OR PSYCHIATRIST ABOUT
POTENTIAL ISSUES

POST LIVE HEALTH ONLINE
INFO IN YOUR OFFICE