

Mental Health Care Challenge

Accomplish 3+ this month, report to kendra.houghton@accgov.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

TELL A CO-WORKER ABOUT EAP COUNSELING OPTIONS

SCHEDULE A COUNSELING OR PSYCHIATRY APPOINTMENT THROUGH LIVE HEALTH ONLINE APP

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@ACCGOV.COM](mailto:kendra.houghton@accgov.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