

May is Mental Health Awareness Month

Feeling stressed out or anxious? Take some time this month to take care of your mental health.

Try some of these tips for coping with stress:

- Change can create stress and related physical effects such as headaches, trouble sleeping and depression. However, if you stay healthy, you'll be better equipped to manage.
- Be sure to eat a balanced diet, exercise regularly, and get adequate sleep. When at rest, your brain helps you process new experiences and challenges.
- Since change and stress go hand in hand, practice relaxation techniques such as meditation, yoga, progressive muscle relaxation, nature walking or other healthy stress-reducing tactics.

HealthSelect offers mental health benefits to support your well-being. Visit the [Mental Health page](#) of the HealthSelect website to learn more.

To search for in-network providers:

- Visit www.healthselectoftexas.com and click "Find a Doctor/Hospital" to access the Provider Finder.
OR
- Call a Blue Cross and Blue Shield Personal Health Assistant toll-free at **(800) 252-8039** for help finding a provider, Monday–Friday, 7 a.m. - 7 p.m. and Saturday, 7 a.m. - 3 p.m. central time.

If you need immediate help:

- Call the 24/7 HealthSelect Mental Health Support Line to talk with a counselor about mental health or substance use issues anytime, toll-free at **(800) 442-4093**.

If the situation is life-threatening, call 911 or go to a hospital emergency room.