



May is Mental Health Awareness Month

# More good days are built together

Community includes people who share where you live, your background, your experiences or what's important to you. It may not look the same for us individually, but it can support everyone's mental wellbeing in meaningful ways.

Being part of a community can:

- **Reduce loneliness:** Shared activities can ease isolation and help you feel more connected.
- **Create a sense of belonging:** Feeling accepted allows you to be yourself and builds confidence, self-worth and resilience.
- **Provide a support system:** Communities offer encouragement, understanding and help during stressful or tough times.

Your community doesn't have to be big to make a difference. Even small sources of support can help create better days.



Scan the QR code to visit [Member.MagellanHealthcare.com](https://Member.MagellanHealthcare.com) or call your Employee Assistance Program at 1-866-580-9046 (TTY 711) to get started.

