

National Depression and Mental Health Awareness and Screening Month

Depression is real, common and treatable. Recovery is possible.



SEE A COUNSELOR

Confidential and no cost to you and your household members.



TAKE A SCREENING

Go to MagellanHealthcare.com/Mental-Health-Screening.



TRY SELF-HELP

Check out the Digital Emotional Wellbeing Program.

Help is available. Contact your Employee Assistance Program at Member.MagellanHealthcare.com (enter Principal Core) or 1-800-450-1327 (TTY 711).

