Subject line: May is Mental Health Month – Learn how to recognize and understand emotions

**Mental Health Month**

‘Recognizing and understanding emotions’ is essential to help us build awareness of feelings and improve our ability to manage reactions and interactions with others. When you lose control of your emotions, you may do or say something you’ll regret later. Emotions can be overwhelming and

intense—it’s part of being human. But, you can learn to process your emotions and improve your self-regulation.

During Mental Health Month, we would like to remind you that your program provides a variety of emotional health and wellbeing resources and services to help you and your household members improve mental health and wellbeing.

Your program is available any time, day or night. You can use it as a resource for self-help tools, counseling, financial wellbeing and other life enrichment services that are free of charge and confidential to use.

Visit the member website [links to MagellanAscend.com or Member.MagellanHealthcare.com] today or call 1-800-xxx-xxxx for compassionate and caring support.