

Taking Care of You

Behavioral Health Matters for Everyone

Did You Know?

1 in 5 American adults will be diagnosed with a behavioral health disorder in any given year



43 million adults have a behavioral disorder



50% of Americans will meet the conditions for a behavioral health disorder during their lifetime; half will have a disorder by age 14



FACTORS THAT MAY IMPACT YOUR BEHAVIORAL HEALTH

- **Genes:** Traits we get from our family
- **Biology:** Balance of chemicals in the body and how cells in the body talk to one another
- **Environment:** Painful experiences; seeing a death, abuse or neglect or living in an unsafe area
- **Lifestyle:** Poor diet or lack of exercise, use of drugs or alcohol and trouble sleeping



SYMPTOMS YOU MAY HAVE

- Too much sleep or trouble sleeping
- Unable to focus or having racing thoughts
- Eating too much or not enough
- Not spending time with others
- No interest in things you once enjoyed
- Feeling angry



TALK TO YOUR PROVIDER

No matter how mild, reach out to your provider if you have any symptoms. Talk with your provider about:

- Any symptoms you may have such as not sleeping, feeling off or any of the symptoms listed above
- Regular preventive behavioral health screenings
- Medications you may need
- Possible visits with specialists such as therapists and psychologists



RESOURCES MERIDIANCOMPLETE (MEDICARE-MEDICAID PLAN) OFFERS:

- Covered medications
- Covered visits with behavioral health specialists
- Access to MeridianComplete Care Coordinators who can help with your specific needs

National Alliance on Mental Illness (NAMI)	800-950-6264
Suicide Prevention Lifeline	800-273-8255
Alcohol and Drug Helpline	800-821-4357



If you have any of these symptoms, call your
Primary Care Provider (PCP) or Behavioral Health (BH) Specialist.

Need help finding a PCP or BH Specialist?
Please call MeridianComplete (Medicare-Medicaid Plan) at
1-855-580-1689 (TTY users should call **711**), Monday - Sunday 8 a.m. to 8 p.m.

Need help getting to your appointments?
Call toll-free at **866-796-1165** to set up a ride.

Sources: www.mentalhealthamerica.net; www.nami.org

MeridianComplete is a health plan that contracts with both Medicare and Illinois Medicaid to provide benefits of both programs to enrollees.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call **1-855-580-1689** (TTY: **711**).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-855-580-1689** (TTY: **711**).

