



## \*May is Mental Health Awareness Month\*

Information for Your Patients

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Gaps in care Outreach  
topic:  
Mental Health Awareness

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Helpful Links:  
Mental Health America

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These 10 Proven tools can help you feel stronger and more hopeful:

- **Connect with others**
- **Stay positive**
- **Help others**
- **Get enough sleep**
- **Create joy and satisfaction**
- **Eat well**
- **Get physical activity**
- **Take care of your spirit**
- **Deal better with hard times**
- **Get professional help if you need it**

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**UOP: Focuses on the delivery of high quality healthcare and honors commitments to our providers, patients, and our participating health plans.**