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May is mental health awareness month

## No stigma. No judgment. Just support.

Everyone faces challenges with their emotional wellbeing from time to time, which can affect how we think, feel and act. It can even impact our physical health. If you're feeling lost, anxious or depressed, it's important to talk with someone. Your Quantum Health Care Coordinators are here to help you no matter where you are in your journey. There's no wrong reason to reach out.

[Contact Quantum Health](#)

## Your Quantum Health Care Coordinators can help

Stress, anxiety, trauma and even genetics can negatively impact mental health. If you need support, a team of nurses, social workers and behavioral health experts is here to help with things like:

- Connecting you with confidential wellness resources through your employee assistance program (EAP) at no cost to you
- The preauthorization process, to ensure you're covered for any services
- Identifying the connection between existing health conditions and mental health status
- Collaborating on a mental health self-care plan and comprehensive counseling services

### Get Support

## 988 Suicide & Crisis Lifeline

For free and confidential support 24/7, call or text 988 or chat at [988lifeline.org](https://988lifeline.org).

Your one place to go for healthcare and benefits help



**(800) 257-2038**

Monday-Friday, 8:30 a.m.-10 p.m. ET



**[lookup.quantum-health.com](https://lookup.quantum-health.com)**

Chat, schedule a call or secure message anytime.



[Download](#) the Quantum Health app

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