

## KNOW THE FACTS ABOUT MENTAL ILLNESS

1 in 5 New Yorkers experience a mental health condition in a given year. Two-thirds of people with a diagnosable mental illness never seek professional help. Many do not know where to go, don't realize their condition is treatable or fear discrimination. In recognition of Mental Health Awareness Month, **WorkWell NYC** wants to make sure you know the facts, and provide resources to those living with and supporting individuals with mental illness.

In 2015, the First Lady announced the launch of [ThriveNYC](#): A Mental Health Roadmap, a program dedicated to shifting the conversation around mental health and advance mental wellness in NYC. ThriveNYC aims to take the stigma out of mental illness and substance use disorders, allowing New Yorkers to have open, honest conversation about mental health and get the care they need.

Here is what you can do to end the stigma and advocate for those living with mental illness:

**#1 – SEEK HELP IF YOU NEED IT.** If you are seeking help for yourself, a child, or a close friend, there are several resources available, including:

- The [Employee Assistance Program](#) is available to employees and their family members seeking support for stress, anxiety, depression, alcohol and drug abuse, family difficulties, and mental health conditions at no cost. The services are free and confidential.
- [1-800 LifeNet](#) is a free confidential hotline available to all New Yorkers seeking support for depression, anxiety, drug or alcohol use.
- Starting July 1st, all employees with city health insurance will be able to receive depression and alcohol misuse screenings with no co-pay when seeing in-network providers. More information is available [here](#).
- Also, mental health visits to in-network providers remain at a co-pay of \$15 for employees enrolled in the GHI CBP plan to assure continued access to necessary mental health care.

**#2 – EDUCATE YOURSELF.** It's important to know the common warning signs of mental health concerns. The Department of Health and Mental Hygiene is offering free Mental Health First Aid (MHFA) training that teaches the skills needed to identify, understand, and respond to signs of mental health and substance use challenges or crises. Click [here](#) to learn more or sign up for a training.

**#3 – GET INVOLVED.** Together, we can take a stand and end the stigma around mental illness. Be a part of the movement to create a city where those with mental health concerns can ask for help and receive the services they need to live healthy, active lives.

