



# Your mental health matters

Mental health services (ages 12+)

**Did you know almost one in five people struggle with mental health issues?** It's totally normal to find it tough to talk about, but remember, your brain is just as important as your body. Let's take care of both.

Need someone to talk to? We're here for you. Marathon Health offers mental health counseling services exclusively to you and you covered dependents at no additional cost. Whether you are feeling stressed, have anxiety and/or depression, relationship issues, trauma or other mental health concerns, our mental health providers are here to support you. We're here to listen.

## We're here to listen.

Your employer understands mental health is important and has created a supportive environment to encourage you to maintain your overall health. We offer counseling for individuals, couples and families to help you make improvements.

## Mental health services

- Anxiety, excessive worries
- Depressed mood, sadness
- Grief
- Irritability
- Stress
- Trauma
- Relationship concerns
- Substance or alcohol misuse

## Suicide & crisis lifeline:

Call or text 988

## Crisis text line:

Text the phrase HOME to 741741



**Schedule an appointment**  
Call 866.434.3255  
or visit [my.marathon.health](https://my.marathon.health)



**Family Impact  
Benefits Program**  
LIVE HEALTHY. BE PRESENT. GO PLAY.