

THE IMPORTANCE OF HEALTHY RELATIONSHIPS

The relationships we build throughout life influence our behavioral, emotional and physical wellness. Strong social ties with family, friends, neighbors and coworkers give us a sense of community and belonging that is an essential component of mental health. Social isolation, on the other hand, can contribute to poorer health, depression and increased risk of early death.

KEYS TO MEANINGFUL SOCIAL TIES

- Share your feelings honestly.
- Ask for what you need from others.
- Listen to others without judgment or blame.
- Disagree with others respectfully.
- Expect others to treat you with respect and honesty in return.
- Seek an agreement that works for everyone.
- Set boundaries with others.

Source: National Institute of Mental Health.



GET THE HELP YOU NEED

SUICIDE & CRISIS LIFELINE - DIAL 988

Refer to the Provider Directory on www.prominencehealthplan.com or call Prominence Customer Service at **800-863-7515** for Behavioral Health specialists available in a variety of fields so you can make an appointment to talk to someone.

You also have **24/7 access** to Behavioral Health care through Teladoc. Schedule a video or phone appointment seven days a week at **1-800-TELADOC (835-2362)**.

Prominence[®]
Health Plan

www.prominencehealthplan.com