



MENTAL HEALTH

Trying to tell the difference between what expected behaviors are and what might be the signs of a mental illness isn't always easy. There's no easy test that can let someone know if there is mental illness or if actions and thoughts might be typical behaviors of a person or the result of a physical illness.

Each illness has its own symptoms, but common signs of mental illness in adults and adolescents can include the following:

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased
- Thinking about suicide
- An intense fear of weight gain or concern with appearance

Don't hesitate to reach out if you or someone you know needs support. Learning all you can about mental health is an important first step. Below you can explore resources like **Member Assistance Program**.

As a benefit provided by The Welfare Fund, the **MAP** offers confidential support to members and their families. Whether you're facing personal challenges or work-life balance concerns, the **MAP** is here to connect you with resources and guidance for early solutions.

Member Assistance Program (MAP)



YOUR WORKPLACE WELLNESS & MAP PARTNER

Counselors are available, 24 hours a day, 7 days a week.

H&H Health Associates are here to help with counseling, resources, guidance and support.

1.800.832.8302

Call the Welfare Fund office at 314.835.2700 for more information.

3660 South Geyer Road
Suite 100
St. Louis, MO 63127

Visit Your Member Site
Info@HHHealthAssociates.com
www.HHHealthAssociates.com



Looking for a mental health provider?



Scan QR Code to
access your
Mental Health
Benefits.



Mental Health Crisis

988

If you are experiencing a medical emergency or safety emergency requiring law enforcement, EMS, or fire, call 911.

If you are experiencing a mental health, suicide, or substance use crisis, or any other emotional distress, call or text 988 or chat online at 988lifeline.org/chat.



You Matter. Always.

Suicide Prevention

KEY FACTS

In the U.S., suicide is:

- For ages 10–14, suicide was the second leading cause of death, after unintentional injuries.
- For ages 15–24, suicide was the third leading cause of death, after unintentional injuries and homicide.
- The 11th leading cause of death overall.
- Although more women than men attempt suicide, men are 4x more likely to die by suicide.
- 79% of all people who die by suicide in the U.S. are male.
- About 1 person dies by suicide every 11 minutes in the U.S.
- Each year, 1 in 20 U.S. adults (5%) have serious thoughts of suicide.

NEED HELP ?

If you or someone you know is having thoughts of suicide or experiencing a mental health or substance use crisis, 988 provides a connection to free, 24/7 confidential support.

988 | SUICIDE & CRISIS
LIFELINE



DIGITAL OPEN ENROLLMENT IS APPROACHING!

September 1, 2025 through October 31, 2025

Benefit Changes Effective January 1, 2026

Please be advised that certain benefit changes will take effect on January 1, 2026. For complete details regarding your coverage, please refer to the 2026 Summary of Benefits and Coverage (SBC) for your plan.