



# Your Guide to Mental and Emotional Wellbeing

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## NAVIGATING YOUR OPTIONS

At RR Donnelley (RRD), we prioritize wellbeing because it truly matters. This is especially true for mental and emotional health since they are deeply connected to all aspects of being well. RRD offers you and your family members a wide variety of resources and tools to make caring for your mental and emotional wellbeing a priority and to find the right support for behavioral health conditions like anxiety, depression, obsessive-compulsive disorder, substance abuse or eating disorders. Look inside to find what you and your loved ones need to give yourself a boost, access extra support or get immediate help.

For information on all your RRD benefits, visit [myRRDBenefits.com](https://myRRDBenefits.com).

*Disclaimer: The contents of this guide do not constitute medical advice. If you are experiencing a mental health emergency, dial 911 immediately.*

### What if someone I know needs support?

It can be hard to watch a family member struggle. As you read this guide, keep in mind that many of the resources are also available to your family members and dependents. You can also use these resources to take care of yourself when caretaking for others.



# GETTING STARTED

When it comes to mental and emotional wellbeing, you're not alone. RRD offers resources and benefits to support you and your loved ones with all types of mental and emotional health concerns.

**Choose an area of focus to find the best resources for you or a family member:**

**Enhance: Maintain or enhance mental and emotional wellbeing.**

Click [here](#) for resources, tools and tips to maintain or enhance overall mental and emotional wellbeing.

**Support: Support with symptoms or a specific challenge.**

Click [here](#) for professional support and resources to help with prolonged or more severe symptoms or a specific challenge like substance abuse or an eating disorder.

**Crisis: Immediate help for someone experiencing an emergency or crisis.**

Click [here](#) to learn about options if you or someone around you is feeling extreme emotional distress, having thoughts about harming themselves or others or needs immediate help. **If you are currently in danger or experiencing an emergency, please stop reading and dial 911.**

Starting mental health care can seem daunting, especially if you don't have the right resources. Visit the [Overcoming Barriers to Care](#) section to learn about RRD benefits to help you along the way, including time off and leave, financial resources and how to ask for help.

**If you or someone you know is struggling, you're not alone.** Did you know...

- Over 50% of people will be diagnosed with a mental illness/disorder at some point.
- Nearly 20% will experience a mental illness each year.
- 1 in 25 live with a serious mental illness.

Even if you aren't experiencing mental health issues, someone you know likely is and could use some support.

*Source: [Centers for Disease Control and Prevention](#)*



# ENHANCE AND MAINTAIN MENTAL HEALTH

Maintaining and enhancing mental and emotional wellbeing is an ongoing process. You and your family can take control of your own wellbeing journeys with the following resources, tools and tips.

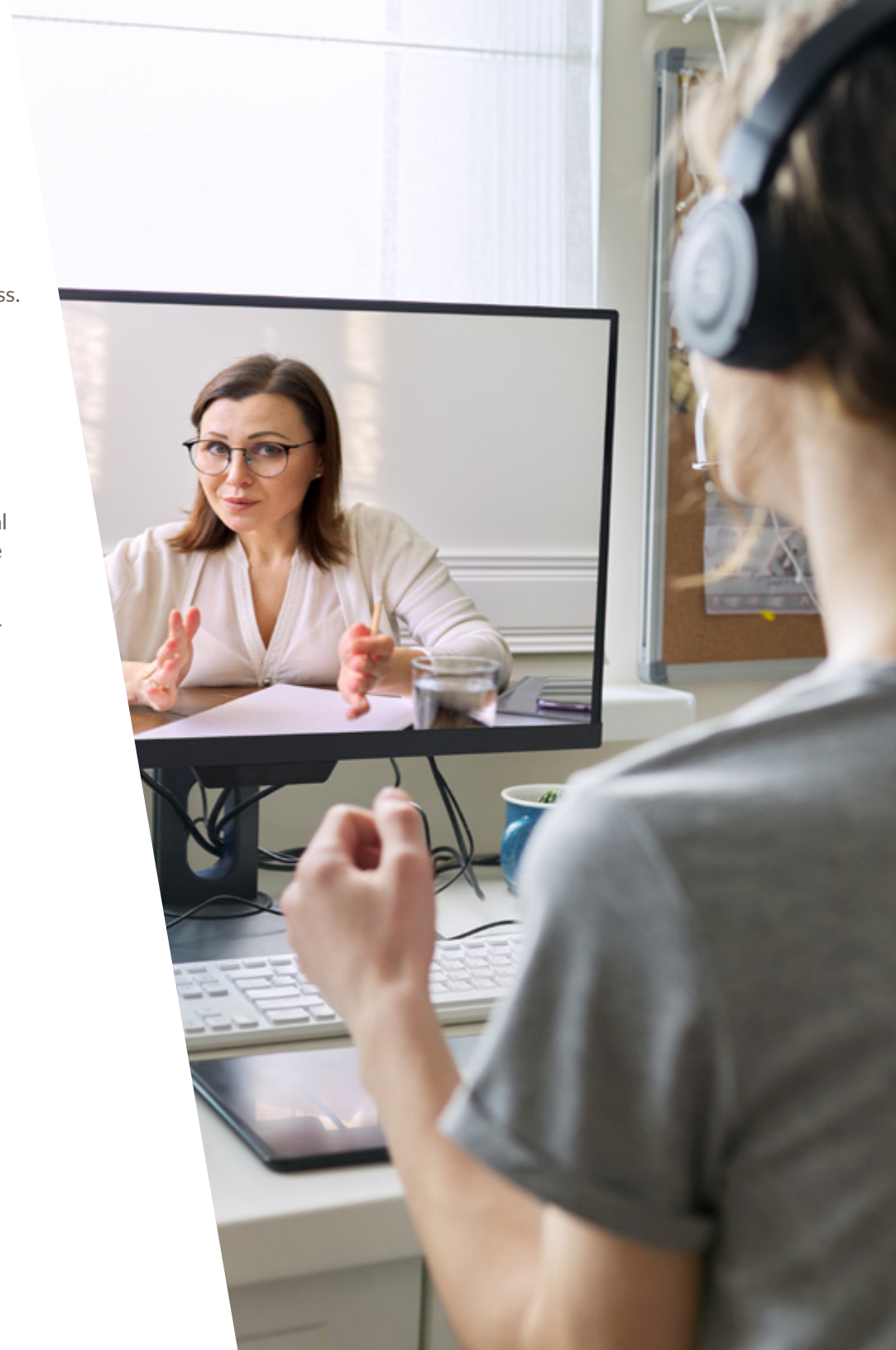
## Empower yourself with online resources

**Check out SupportLinc's digital resources:** RRD's Employee Assistance Program (EAP), [SupportLinc](#), provides employees and their families access to mental health care and emotional wellbeing resources. Get confidential and professional guidance on mental health and work-life balance by visiting SupportLinc's online information and tools, including things like:

- Five free counseling sessions per issue per year for each household member
- Articles, self-directed modules, videos and webinars
- Virtual support groups for grief, mindfulness and more
- Group support, text therapy and coaching
- Mental Health Navigator to help you or a family member create a personalized treatment plan

All SupportLinc services are free and you do not need to be enrolled in an RRD medical option to take advantage of the offerings.

[SupportLinc.com](#) (use code: RRD) | 1-888-881-LINC (5462) | [SupportLinc Apps](#)





**Harness the power of your medical coverage:** If you're enrolled in one of our Blue Cross Blue Shield of Illinois (BCBSIL) national options, you and your covered dependents have access to online resources:

- **Access digital mental health programs:** Learn new skills and break old patterns with [Learn to Live](#). Take an online assessment to identify the right programs for you and then access quick and easy lessons or get one-on-one support from an expert coach via phone, text or email. Log in at [mybam.bcbsil.com](https://mybam.bcbsil.com), then go to Wellness then "Digital Mental Health."
- **Get the tools you need to meet your wellness goals:** The [Well onTarget® portal](#) gives you a way to track your health and wellbeing. Take an assessment of your current health and habits and receive a wellness report with suggestions to make positive lifestyle changes. You can also join six-week online interactive courses to help you with things like sleeping better and managing stress. Get quick access to Well onTarget through the [AlwaysOn Wellness app](#).
- **Add wellness to your daily routine:** Make daily progress towards your wellness goals through the [Centered app](#). Manage your stress with personalized step and meditation goals backed by clinical research.

**Kaiser Permanente and Dean Health** offer many of the same digital resources, including:

- Behavioral health support
- Self-directed mental health tools
- Wellness and nutrition tools
- Educational programs and videos on mental health topics
- Healthy lifestyle programs



## Take care of yourself — you're worth it

**Practice self-care:** When life gets stressful, we often forget to make time for ourselves. Spend time with loved ones, participate in your favorite hobbies and activities and engage in self-care, including:

- Incorporating more movement into your day
- Getting adequate sleep
- Eating nutritious foods
- Journaling
- Practicing meditation, relaxation and mindfulness

**See your doctor regularly:** Maintaining good physical health helps you feel your best. Aside from exercise and healthy eating, it's important to establish a primary care doctor and get regular preventive care. Schedule regular physicals, health screenings and dental cleanings to support your overall health.

**Take time to unwind:** You can use your Paid Time Off (PTO) to relax and unwind, spend time with family and friends, participate in local events or volunteer.

## Prepare for the future

**Understand your support options:** Even if you or a loved one is not experiencing mental health symptoms today, it's important to know where to go if you need extra help in the future. Visit the [Support](#) section in this guide or call your medical plan provider to learn more about the options available to help you with a specific challenge or ongoing symptoms so you're ready to get help when you need it.

**Rely on SupportLinc for help with daily stressors:** Concerns related to caregiving, finances and legal matters can have a major impact on our overall wellbeing. Minimize stress and enhance your peace of mind by using [SupportLinc](#) to help you manage day-to-day issues like:

- **Caregiving:** Connect to care resources, including child care, elder care, summer camps and education.
- **Finances:** You and your immediate family members have access to a free 30-minute meeting by phone with financial professionals per issue, such as:
  - Financial consultation on budgeting, retirement planning and more
  - Debt management and repayment
  - Bankruptcy prevention
  - Home purchases or managing housing costs
- **Legal affairs:** Give yourself — and your family — peace of mind by ensuring your will and other important legal documents are in order. Through [SupportLinc](#), you have access to a free 30-minute meeting with an attorney per issue by phone.



# SUPPORT FOR A SPECIFIC CHALLENGE

We all need a little extra support from time to time — it's ok to seek additional help. When you or someone you love is experiencing symptoms or needs assistance with a specific challenge, RRD has resources to help. With digital and face-to-face options for meeting with providers and comprehensive treatment options available through the RRD's medical program options, you'll find support to meet your needs and busy schedule. Licensed counselors and clinical psychologists through [SupportLinc](#) and other types of behavioral health providers through your medical coverage will help you find the best treatment plan for your needs.

## Find support that works for you

**Choose from a variety of support modes through SupportLinc:** RRD's EAP, [SupportLinc](#), offers free confidential and professional support, 24/7. When you contact SupportLinc, a licensed clinician (called a Care Advocate) will provide in-the-moment support and connect you or your immediate family members to appropriate resources, such as in-person and telebehavioral counseling. Other options available on the SupportLinc website include:

- **Resources at a glance:** [Download the eConnect app](#) for resources on mental health concerns such as anxiety, grief and stress. You can also find a summary of your EAP and available resources, as well as the option to immediately connect with a licensed counselor.
- **Mental Health Navigator:** Complete a short survey and receive a personalized report. SupportLinc will outline care options and help take the guesswork out of mental health.
- **Free counseling:** Get up to five no-cost counseling sessions, in person or via video, for support related to stress, depression, anxiety, work-related pressures and more.
- **Text therapy:** Textcoach [via the eConnect app](#) provides on-the-go counseling. Communicate with a Coach to address stress, anxiety, relationship issues and more. Each household member receives five weeks of unlimited texting per issue, per year.
- **Everyday behavioral health resources:** [Download the eConnect app](#) for personalized tools and resources to improve emotional wellbeing. The app will help you manage your mental health and develop skills in areas like mindfulness, sleep, anger management and more.
- **Digital cognitive behavioral therapy (dCBT):** Animo is an online platform that offers evidence-based resources for meaningful behavioral change through dCBT. dCBT modules were developed by a team of clinical psychologists, counselors and cognitive behavioral experts.
- **Digital group support:** Meet with people experiencing similar challenges through digital group therapy.

All SupportLinc features may be accessed either via the mobile app or the SupportLinc website.

[SupportLinc.com](#) | 1-888-881-LINC (5462) | [eConnect App](#)



## Get to know your medical plan resources

**Access behavioral health treatment through your medical plan:** All of RRD's medical options offer coverage for behavioral treatment. Whether you're looking for a physician to help with a mental health diagnosis, you need assistance with a specific challenge like substance abuse or you want to see a counselor, you can find an in-network provider and confirm your benefits by contacting your medical plan.

- **National Options Provided by Blue Cross Blue Shield of Illinois (BCBSIL):** BCBSIL offers a wide array of [behavioral health services](#) to address your needs, from therapy and counseling to community-based services. BCBSIL offers numerous [substance abuse programs](#) and designates Blue Distinction Centers for Substance Use Treatment and Recovery, which provide comprehensive care for substance use disorders. Find an [in-network provider](#) through the website and schedule by calling 1-800-537-9765 or [downloading the app](#).
- You also have 24/7 access to Health Advocacy Solutions (HAS), a team of specialists to help guide your care. Your HAS number is on the back of your BCBSIL ID card, and you can call 24/7/365 for crisis situations. Contact HAS to speak with a clinician, gender affirmation navigator, social worker to help with substance abuse or eating disorder treatment or behavioral health team member. Members can also request an assigned Health Advocate, so you'll always have a specified point of contact.

[bcbsil.com/rrd](https://bcbsil.com/rrd) | 1-800-537-9765 (24/7 for BCBSIL, HAS) | [BCBSIL App](#)

- If you're enrolled in the **BCBS Coupe PPO plan**, provider, appointment and general information can be accessed through the Coupe portal or valet services:

[Coupehealth.com](https://coupehealth.com) | 1-800-882-5158, Monday – Friday, 8 a.m. – 8 p.m. CT | [Coupe Health App](#)

- **Regional Options Provided by Kaiser Permanente:** Kaiser offers comprehensive treatment options for [mental health concerns](#) like anxiety, depression, eating disorders and [substance abuse](#), helping you connect to providers, find self-care services or access online tools to help you manage symptoms. Speak with a doctor via phone, unlimited text coaching, video or e-visit. To schedule a telemedicine appointment, call 1-866-454-8855.

[kp.org](https://kp.org) | 1-800-900-3277 (behavioral health services)

- **Regional Options Provided by Dean Health:** Dean Health offers [dedicated case management](#) to help you navigate behavioral health care and connect to resources that meet your needs. Use Dean's [online resources](#) to take a risk assessment for anxiety or depression or to learn more about therapy and treatments for issues like [substance](#) or [opioid abuse](#) and eating disorders. Find a behavioral health [provider](#) or review your options for [telehealth](#) and [express virtual care](#) on the website.

[deancare.com](https://deancare.com) | 1-800-426-2083 (behavioral health services), 1-800-57-NURSE (24/7 Nurseline)

“I’d like to start therapy. Should I find a provider through my EAP or my medical plan?”

It depends! If you're looking for short-term help, the EAP will provide five no-cost counseling sessions with your chosen provider. Each household member receives five free sessions per issue per year. If you're looking for a longer-term option, consider finding an in-network provider through your medical carrier for ongoing treatment.

For a longer-term relationship with a therapist, you can also use the EAP and your medical coverage together. Contact SupportLinc to find a provider who is in-network with your medical carrier. Then, once you've used your free sessions through the EAP, SupportLinc will help you continue your care using your current medical coverage.

**Remember, if you need to speak with someone immediately or are experiencing an emergency, dial 911 or call a national crisis hotline.**

### Keep in mind...

Some treatments, services and prescriptions may require preauthorization, meaning you or your provider must contact BCBSIL, CVS/Caremark, Dean or Kaiser to request approval for benefits to cover the proposed service or prescription in advance. Ask your doctor if preauthorization is necessary.



**Understand your options if your doctor prescribes medication:** In some cases, your doctor or mental health provider may prescribe medications as part of your treatment plan. If you're working with a provider who is unable to prescribe medication, you may need to coordinate with a psychiatrist.

- **BCBSIL medical plan members:** Your prescription coverage is provided by CVS/Caremark.
  - For short-term medications, register at [caremark.com](https://www.caremark.com) or [download the CVS/Caremark app](#). Medications (including specialty medications) can be picked up at a local CVS.
  - For medications used on an ongoing basis, you typically must use the CVS/Caremark Maintenance Choice Program or Mail Order Service to fill your prescriptions.
  - For more information, visit [caremark.com](https://www.caremark.com) or call 1-866-273-8402
- **Kaiser Permanente medical plan:** Kaiser Permanente's [pharmacy program](#) makes it easy to fill and manage your prescriptions. Be sure to select your region for appropriate information. Through Kaiser Permanente pharmacies, you have options for delivery, same-day pickup and refill reminders and status updates. Find your Kaiser Permanente regional phone number on [myRRDBenefits.com](https://myRRDBenefits.com) to contact a pharmacy representative.
- **Dean Health plan:** As part of its Specialty Pharmacy Program, Dean Health Plan works with [Lumicera Health Services](#) to coordinate personalized support, free delivery, same-day service for emergency medical needs and more. Contact Lumicera at 1-855-847-3553.

Depending on the medication, you may have different delivery or pickup options. Not all prescriptions will be available through mail order and some may only be picked up at specialty pharmacies.

## Tips for Managing Your Medications

**Medications can be an important part of your mental health. Keep the following tips in mind.**

- Review your full medication list with your medical provider to avoid drug interactions
- Tell your providers about side effects or new symptoms you experience, as you may have alternate options.
- Consider using a pill case, writing down your medications and timings, setting alarms or using a medication reminder app to stay on a consistent schedule.
- Take your medication as prescribed, as some may be recommended for short- or long-term use.
- Some medications may take several weeks for you to feel the full benefits. Your provider or a pharmacist can help you understand how long it may take your medication to take effect. If you aren't seeing any improvement after that point, reach out to your provider.
- Follow instructions, such as taking medications with food or on an empty stomach. How you take medications can impact their effectiveness.

# CRISIS RESOURCES

No matter the time of day, there is always help available if you or a loved one is in a crisis.

## Help is just a phone call away

**Connect with someone immediately:** If you or a loved one need help right away or are experiencing an emergency or crisis, the following hotlines may assist you in receiving immediate care:

Immediate first response	911	Dial 911
Mental health crisis line	988	Dial 988 or use the online chat Please note: 988 may not be available in all areas. In some cases, 988 may refer some individuals to 911. Please look up how 988 operates in your area ahead of time so you know what to expect
Speak to a licensed clinician through SupportLinc	<a href="#">SupportLinc</a> (EAP)	Call 1-888-881-LINC (5462) 24/7
Suicide risk	National Suicide Prevention line	Call 1-800-273-TALK (8255) or text HELLO to 741-741
LGBTQ+ Suicide Risk line	The <a href="#">Trevor Project</a>	Visit the <a href="#">Trevor Project</a> online to use the live chat feature, text START to 678-678 or call 1-866-488-7386
Depression or bipolar support	<a href="#">Depression and Bipolar Support Alliance</a>	Text DBSA to 741-741
Eating disorder help and support	<a href="#">National Eating Disorder Association</a>	Call or text the helpline at 1-800-931-2237 or use the live chat feature on their website Phone: Monday-Thursday, 11am-9pm ET, Friday 11am-5pm ET Text: Monday-Thursday 3pm-6pm ET, Friday 1pm-5pm ET Live chat: Monday-Thursday 9am-9pm ET, Friday 9am-5pm ET
Substance abuse help and support	<a href="#">Substance Abuse and Mental Health Services Administration</a>	Call 1-800-662-4357 or send your zip code via text message to 435-748
Support for new parents	<a href="#">Postpartum Support International</a> <a href="#">National Maternal Mental Health Hotline</a>	Call 1-800-844-4773 or text "Help" to 1-800-944-4773 Call 1-833-943-5746
Support for parents	<a href="#">National Parent Helpline</a>	Call 1-855-427-2736 Monday-Friday 10am PST-7pm PST
Support for those experiencing domestic violence	<a href="#">National Domestic Violence Hotline</a>	Call 1-800-787-3224, text "START" too 88788 or use the live chat feature on their website.
Support for veterans	<a href="#">Veterans Crisis Line</a>	Call 988 then press 1 or text 838-255

## Seek a safe space

**Don't delay in getting care:** If you're alone and afraid of your thoughts or feelings, feel you may harm yourself or others, are having delusions or are experiencing significant, rapid changes in your behavior, head straight to the nearest emergency room.

## OVERCOMING BARRIERS TO CARE

There are many reasons that people delay finding care or don't seek the help they need when it comes to their mental health. Even if you know that you or a family member will face challenges getting the time, money or support you need to get care, RRD has resources to help.

**"I don't have the time I need to care for my or a loved one's mental health."**

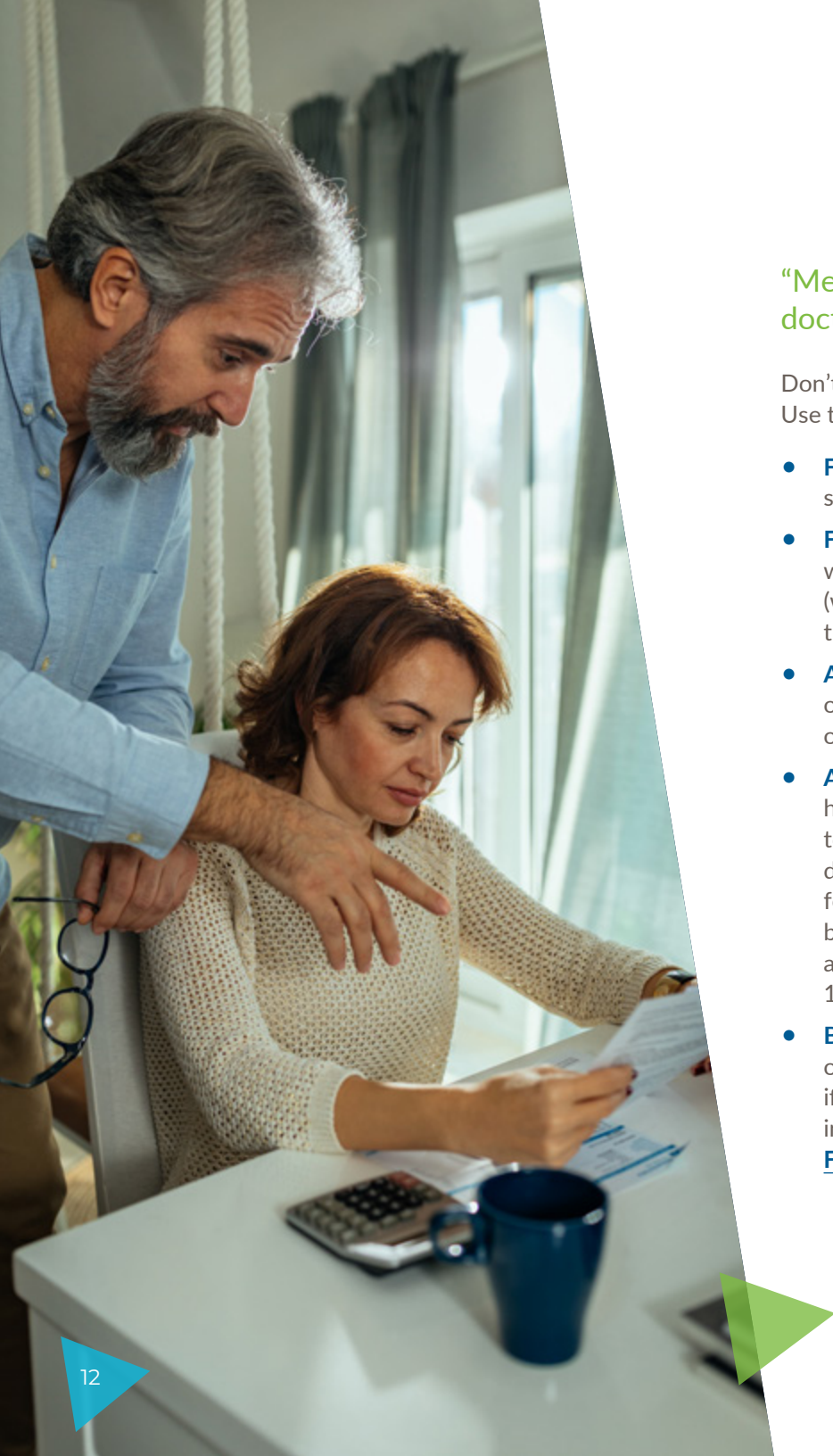
Sometimes, you may need to take time away from work to focus on your mental health or care for a loved one. RRD offers paid and unpaid leave options:

- **Paid Time Off (PTO):** Go to [InsideRRD/Employee Center/HR Policies](#) or speak to your HR Manager to learn about your available PTO.
- **Short-Term Disability (STD) and Long-Term Disability (LTD)** benefits are available if you will be out of work for more than 7 consecutive days. Learn more on [myRRDBenefits.com/disability](https://myRRDBenefits.com/disability) or call Lincoln Financial at 1-800-331-4914.
- **Family Medical Leave Act (FMLA)** provides time off to care for a family member with a serious health condition or your own serious health condition, if eligible. Learn more on [InsideRRD/Employee Center/HR Policies](#).

Talk with your manager to review your options for taking time off or setting up job accommodations as needed, such as working remotely or a reduced or modified work schedule.







“Mental health treatment is too expensive... paying for therapy or seeing a doctor will only increase my stress.”

Don't let financial concerns stop you or a family member from seeking mental health treatment. Use these tips and resources to offset any financial concerns:

- **Free counseling sessions:** You and your family members have access to five free counseling sessions on any issue through SupportLinc, your Employee Assistance Program provider.
- **Find an accessible provider:** You can compare costs of different providers or seek out those who charge sliding scale fees — meaning your cost per session depends on your income (with lower-income individuals paying less). Remember to find an in-network provider for the best cost.
- **Ask about low-cost options:** Talk to your medical provider or pharmacist about lower cost options for medications, providers or tests. They'll help you find the most cost-effective option for the treatment you need.
- **Access to a medical line of credit through Paytient:** RRD has partnered with Paytient to help ease the financial burden. If you're an RRD-benefits eligible employee, you have access to a \$1,200 interest- and fee-free line of credit to pay for care for you or your covered dependents. As of January 1, 2026, participants in the BCBS Coupe PPO option are eligible for a \$3,000 line of credit if elected during Annual Enrollment or when initially eligible for benefits. If a \$3,000 Paytient card is not requested at time of enrollment, Coupe participants are still eligible for the \$1,200 line of credit. To learn more, visit [paytient.com/rrd](https://paytient.com/rrd), call 1-573-206-9147 or email [hello@payment.com](mailto:hello@payment.com).
- **Borrow from your 401(k) through a hardship loan:** You may be able to withdraw all or some of the savings held in your pre-tax or Roth **401(k)** and matching accounts prior to age 59 ½ if you qualify for financial hardship, which can occur if you have uninsured medical expenses incurred by you or a family member. For more specific questions about your account, contact [Fidelity Investments](#) at 1-800-835-5095.

**“I don’t want people to think something’s wrong with me or see me as weak.”**

It’s common to feel worried about how others will perceive your mental health challenges. Worrying about stigma or negative attitudes towards people who have a mental health condition can have major impacts:

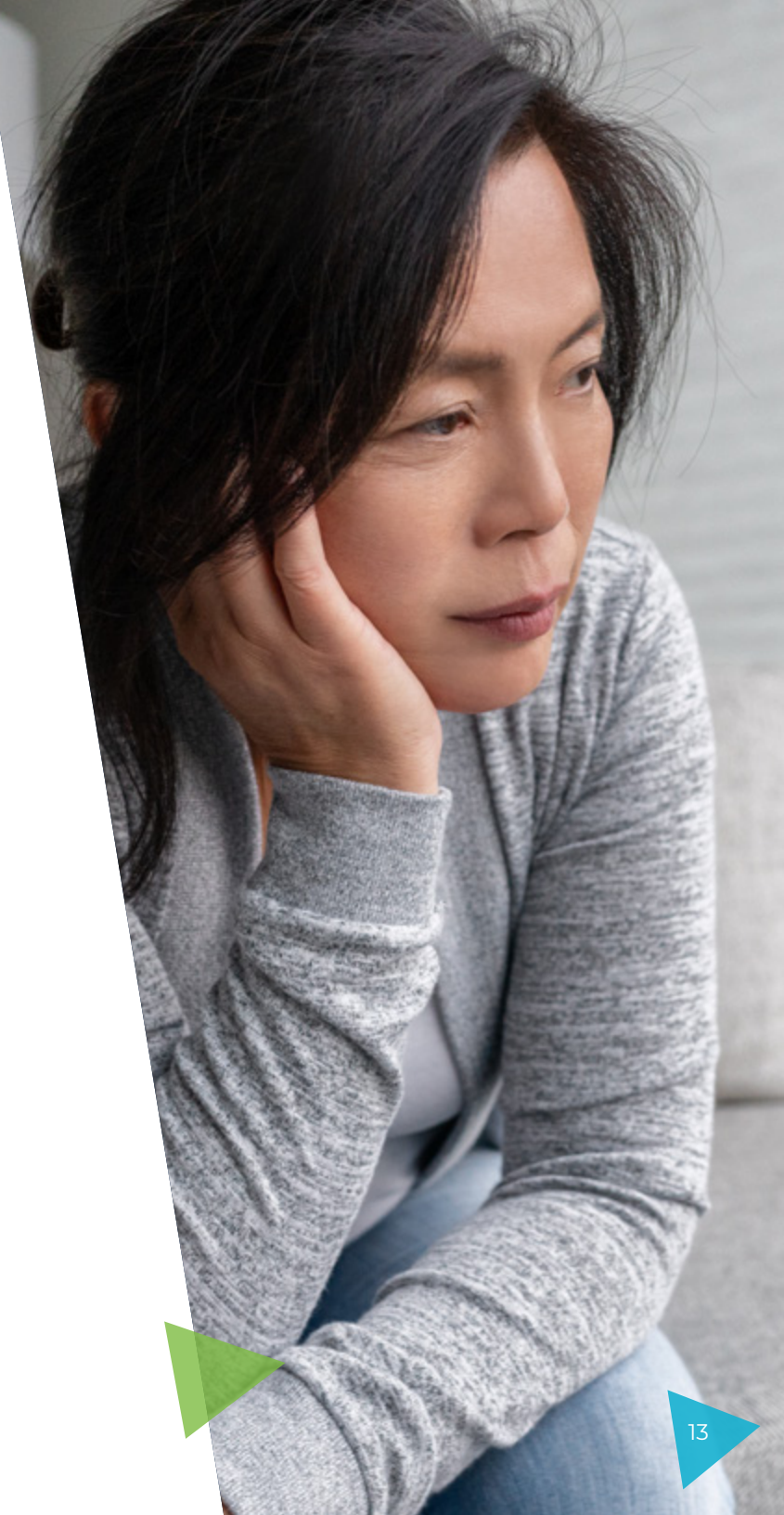
- Reluctance to seek help or treatment
- Lack of understanding in personal and professional circles
- Fewer opportunities at work, school or in social situations
- Bullying and harassment
- Belief that your situation can’t be improved

Nearly 20% of Americans experience mental illness each year, but over 50% will not receive treatment. The stigma makes it difficult to seek help.

If you want to reduce the stigma around mental health, increasing awareness and education is the key. You can help by:

- **Getting treatment.** When you take care of yourself, it encourages others to do the same.
- **Speaking out against stigma.** Promote transparency and openness in discussions of mental health concerns.
- **Joining a support group.** It can be easier to discuss mental health with people experiencing the same challenges. Join a virtual support group in your area or through [SupportLinc](#).
- **Understanding the symptoms.** In addition to symptoms like excessive worry or chronic sadness, physical symptoms can manifest too, including reduced energy, appetite changes, panic attacks, muscle tension and more.
- **Supporting others.** When someone comes to you with a mental health concern, support them and help them find the right resources.

Additional information on raising awareness of and reducing stigma on mental health can be found on [SupportLinc](#).







## CRUCIAL CONVERSATIONS

If you notice someone struggling at work or in your personal life, reaching out thoughtfully can have a huge impact and help reduce the stigma around mental health. It's important to recognize the signs of a potential mental health struggle and know how to start a conversation in a sensitive way.

### Know the signs

Mental health struggles manifest in many ways. There are some signs that you might notice in coworkers or loved ones in daily life, though this is not an exhaustive list:

- Illogical thinking, such as exaggerated beliefs or intense fear, worrying or sadness
- Extreme mood changes, including uncontrollable “highs” or feelings of euphoria
- Loss of interest in activities and motivation/commitment
- Sleep, appetite or energy level changes
- Changes in physical appearance
- Increased sensitivity
- Problems with concentration or memory
- Withdrawal from activities
- Increase in absenteeism, overall sickness or poor health
- Inability to carry out daily activities or handle daily problems
- Tension and conflicts
- Prolonged or strong feelings of irritability or anger
- Difficulties understanding or relating to other people



## Start a dialogue

When you're seeing these signs in others, you can provide support through encouraging, empathetic conversations. Open the conversation with questions or statements like:

- How are you doing at the moment?
- You don't seem yourself today. Is everything okay?
- For the past [day/week/month], it seems like you've been feeling [unlike yourself/sad/angry/anxious/etc.].
- I would like to help you [talk to someone/figure out what to do/create a plan/etc.]. What can I do?

Avoid questions and statements like:

- You're clearly struggling. What's wrong with you?
- What do you expect me to do?
- Here's what I think you should do.

If your initial questions spur conversation, try to keep your questions open-ended and actively listen. Some follow-up questions include:

- Do you want me just to listen, or would you like suggestions for what to do?
- How can I best support you without overstepping?
- What can I take off your plate?
- Let's discuss the resources we have available here, and what else you might need.
- I've been through something similar. And while I don't want to make this about me, I'm open to sharing my experience with you if and when it would be helpful.
- Can we talk through some ideas of how to support you during this time?

It's important to remember that even if someone shares their challenges with you, you may not be able to help. No matter the situation, you can still demonstrate empathy by thanking them for sharing and acknowledging the difficulties they're going through. Use language like:

- I don't know what to say, but I'm glad you told me.
- I'm so sorry you're facing some challenges. I'm here to listen whenever you need.

If you see a coworker struggling, you can reach out to HR or other management to understand the available resources and how you can help.



# TERMS TO KNOW

**Addiction:** A compulsive need for a habit-forming substance, having harmful physical, psychological or social effects

**Anxiety disorder:** Feelings of intense worry or fear that interfere with daily activities, such as job performance, schoolwork and relationships

**Bipolar disorder:** Also known as manic-depressive illness, a disorder that causes unusual shifts in mood, energy and the ability to carry out daily tasks

**Coaching:** Specialized instruction and training provided to enable individuals to acquire or enhance particular skills, as in executive coaching or life coaching, or to improve performance, as in athletic or academic coaching

**Cognitive behavioral therapy (CBT):** A type of therapy that focuses on exploring relationships among a person's thoughts, feelings and behaviors

**Coping skill:** A strategy to help you deal with difficult situations and lessen unpleasant emotions, thoughts or behaviors

**Counseling:** Professional assistance in coping with personal problems, including emotional, behavioral, vocational, marital, educational, rehabilitation, and life-stage (e.g., retirement) problems

**Depression:** A type of mood disorder that causes severe symptoms that affect how you feel, think and handle day-to-day activities

**Eating disorder:** Extreme emotions and behaviors surrounding weight and food

**Licensed clinical social worker (LCSW):** This specific type of social worker provides mental health treatment, including clinical assessments, treatment and interventions. They may work in private practice or in treatment centers, group homes or government agencies

**Obsessive compulsive disorder (OCD):** A mental and behavioral disorder that features a pattern of unwanted thoughts and fears (obsessions) that lead you to do repetitive behaviors (compulsions)

**Psychiatry:** The branch of medicine focused on the diagnosis, treatment and prevention of mental, emotional and behavioral disorders. A psychiatrist is a medical doctor who specializes in mental health and is qualified to assess both the mental and physical aspects of psychological problems

**Psychology:** The study of the mind and behavior. It is a diverse scientific discipline with several major branches of research (experimental, biological, cognitive, personality, etc.) along with areas of applied psychology (clinical, industrial/organizational, etc.). A psychologist is professional trained in a branch or subfield of psychology who may work in psychological counseling, other mental health care services, research or teaching

**Sliding scale payment:** Payments for services that are adjusted depending on an individual's income. The higher the income, the more you will pay for a service, and vice versa. Some mental health providers have sliding scale fees to improve access to their services among those who might otherwise struggle to pay

**Stigma:** Negative, judgmental or discriminatory attitudes towards mental health

**Substance abuse:** A disease that affects a person's brain and behavior and leads to an inability to control the use of a legal or illegal drug or medication

**Trauma:** An emotional response to a disturbing, scary or shocking experience that overwhelms an individual's ability to cope



# ADDITIONAL RESOURCES

In addition to the resources available in this guide, you can also visit the following website for more information:

[MentalHealth.gov](https://www.MentalHealth.gov)

[National Institute of Mental Health](https://www.NIMH.nih.gov)

[American Psychological Association](https://www.apa.org)

[National Alliance on Mental Illness](https://www.namimn.org)

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