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BlueCross BlueShield
of North Carolina

Let's change how we talk about mental health.

8 OF 10

Shame and stigma stop 8 of 10 employees with a mental health condition from seeking treatment.¹

DID YOU KNOW?

Find support at BlueCrossNC.com/MyMentalHealth.

¹ National Association on Mental Illness, NAMLI Launches Stigmatree Company Partnership, July 7, 2016.

What can you say today?



I think you're brave.
 What you're dealing with is real.
 I hear you.
 You're not alone.
 I've got your back if you need a break.
 I'm here for you.

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