

MAY IS MENTAL HEALTH AWARENESS MONTH!



Happy Mental Health Awareness Month!

Though it is not a national holiday, May is Mental Health Awareness Month! This is a month to bring awareness to mental health, treatments, its effects on the individual, effects on family/friends, and resources available to those struggling with their mental health. Let's break down what to do if you're needing help and other resources available in our community.

Insurance Info

If you're looking into getting mental health treatment, it is always good to know what your health insurance will cover, that way there are no surprises when you call to schedule your appointment. Information such as your deductible, copays, what they will and will not cover (service wise) will help you prevent any surprise financial bills. Additionally, if you are a resident of Indiana and are needing health insurance, use the following link to see if you qualify for a Medicaid or Medicare plan:
<https://www.in.gov/medicaid/members/apply-for-medicaid/>



Find a Provider

Once you have gathered your insurance information, the next step in scheduling therapy is to find a provider that is in network with your insurance. Here at Luzio & Associates Behavioral Services, we are in network with a wide variety of insurances, including many Medicaid plans! If you are interested in scheduling an appointment with one of our providers, *just give our office a call at 812-479-1916.*

Practice self-care

Self-care is a trending topic thanks to social media. But, it is super important while you are working on your mental health journey to practice self-care. This will help nourish your body, but also provide important neurotransmitters such as dopamine and serotonin (which help with positive mood) to be released. Doing more of what makes YOU happy helps your overall health! Additionally, maintaining healthy hygiene and exercising are great ways to combat some mental health symptoms. Exercising releases hormones called endorphins, which help reduce the feeling of stress.

Resources in our area

In addition to beginning mental health treatment, there are other resources available in our community to help with mental health, food scarcity, utility assistance, and much more! Here is a list of just some of our resources:

- CAPE of Evansville
- SNAP/TANF
- Evansville Rescue Mission
- National Alliance on Mental Illness (NAMI) Evansville

Additionally, talk with your primary care physician and discuss your treatment options.

Follow us on Facebook for more information on mental health topics.

If you are struggling with life stressors that are more than you can handle alone, seek help. Talk to a friend or someone you trust. Call our office or another mental health provider to set an appointment. Do you want you need to do to take care of yourself. You don't have to do this alone.