


I'm feeling ~~anxious~~

Mental health: Signs and symptoms

The stigma behind mental health can cause many people to censor how they're really feeling. But with education and a commitment to overcoming the stigma, we can make a change. Dig deeper into mental health topics that are important to you at [liveandworkwell.com](https://www.liveandworkwell.com). In these short videos from PsychHub, you'll hear personal stories, find out about common symptoms and learn how treatment can help restore health and well-being.

 Panic disorder	Don't let panic attacks take over your life. See how one sufferer tackles hers.	 Anxiety	Anxiety can make everyday life hard. Learn how to cope — and get your life back.
 Suicidal ideation	Learn how to listen, watch and ask when someone signals thoughts of suicide.	 Depression	If it's hard to remember what happiness feels like, it could be depression. You're not alone.
 Sleep difficulties	Can't sleep? Always tired? With help, you can learn how to get the restful sleep you need.	 Anhedonia	If you've stopped enjoying what you used to enjoy, there is hope.
 Concentration problems	An inability to focus can be a sign of ADD, depression or sleep issues.	 Guilt or self-blame	Learn how therapy can help you learn to let go of guilt and shame.
 Unwanted memories	A traumatic event can come back to haunt you. Learn how to make peace with the past.	 Drinking or using more than intended	Former Congressman Patrick Kennedy talks about his own struggle with substance use — and how recovery is possible.

For more information, call your Behavioral Health Benefit Plan at call number on back of ID card.

Available 24 hours a day, seven days a week.

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Tips for having stigma-free conversations.

When talking about mental and behavioral health conditions, the words we use may say a lot. To help eliminate the stigma and have open, honest conversations, it's important to remove, reword and rethink certain words that might convey judgment or shame.

These examples share some of the words and phrases that can be swapped out to help talk about mental and behavioral health conditions in a more stigma-free way.



Be part of the solution.

#pledge2Bstigmafree

Instead of:	Try saying:
Abuse, abuses	Use, uses Example: Person who <i>uses</i> drugs
Addict	Person with substance use disorder
Afflicted with	Living with, diagnosed with, with, who has, etc. Example: Person <i>who has</i> schizophrenia
Alcoholic	Person with alcohol use disorder
Alcohol problem	Alcohol use disorder More broadly: Substance use disorder
Anorexic, anorexics	Person who has anorexia, someone diagnosed with anorexia, etc.
Clean	Abstinent, not actively using
Clean drug screen	Tested negative for substance use
Committed suicide	Died by suicide
Dirty	Actively using
Dirty drug screen	Tested positive for substance use
Drug abuse	Drug misuse, harmful use
Drug abuser, drug addict, druggie, etc.	Person with substance use disorder
Drug problem, drug habit	Substance use disorder
Former/reformed addict/alcoholic	Person in recovery, person in long-term recovery
Mentally ill, mental illness	Diagnosed with a mental health condition, mental health condition Example: Person <i>with</i> a mental health condition
Problem Example: His wife was concerned he had a drinking problem.	Concern, condition, issue (depending on context) Example: His wife was concerned he was living with alcohol use disorder.
Suffers from	Living with, diagnosed with, with, who has, etc. Example: Person <i>who has</i> schizophrenia
Victim of	Living with, diagnosed with, with, who has, etc. Example: Person <i>who has</i> schizophrenia

Learn more.

Call the number on your health plan ID card or visit [liveandworkwell.com](https://www.liveandworkwell.com) to learn what resources may be available to you.

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