

Individual, Large Group, Small Group | CO, CT, GA, IN, KY, ME, MO, NV, NH, OH, VA, WI

# Beyond benefits: Share these mental health resources with your clients

May is Mental Health Awareness month and we want to be sure you're aware of additional mental health resources you can share with your clients.

When it comes to mental and emotional well-being, we support your clients with more than just the right benefits. We offer a diverse group of [partnerships and resources](#) that address a wide spectrum of needs to help those who may be struggling.

Available resources include:

- [PsychHub](#): Help navigating challenges like social isolation and job loss with a free mental health resource hub, powered by Psych Hub and supported by Anthem.
- [Caregiver Action Network](#): The Caregiver Action Network help desk offers free guidance on managing the challenges of caregiving. Their care support team offers assistance and information via chat or email.
- [findhelp](#): We partnered with findhelp to help find free and reduced-cost programs to assist with food, transportation, job training, and more.

These resources, along with the [National Alliance on Mental Illness \(NAMI\)](#), [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#), and [Archangels](#) can help connect your clients with community resources and find the support they need.

Our [mental health resources page](#) offers more information about what is available. It's a great reference for you and to share with your clients.