

**DID YOU
KNOW?**

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



**Let's change how we
talk about mental health.**

Find support at BlueCrossNC.com/MyMentalHealth.

¹ National Association on Mental Illness, *NAMI Launches Stigmafree Company Partnership*, July 7, 2016.



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