

Take Control of Your Mental Health

Mental Health Consultation at No Cost

Anthem 

- Available for all covered health plan members age 12+
- Initial 15-minute consultation
- Same-day access to comprehensive mental healthcare for you and your family.



MAINE MUNICIPAL
EMPLOYEES HEALTH TRUST

Thoughts?

- Are you experiencing thoughts, feelings, or behaviors that are troubling you?
- Are you losing sleep due to worries?
- Is your child overly anxious concerning school or social interactions/media?

Experience?

- Are you concerned about your alcohol, medication, or drug use?
- Have you ever experienced a panic or anxiety attack?
- Have you undergone a traumatic event?

Behavior?

- Are you no longer interested in things you used to enjoy?
- Are you struggling to cope with work or family responsibilities?
- Is your teen acting hostile, secretive, or depressed?
- Have you noticed dramatic behavior changes in your child?
- Has your appetite changed?

If you, or a family member, have had any of these experiences, behaviors or thoughts, the Aspire-365 program can be of assistance.