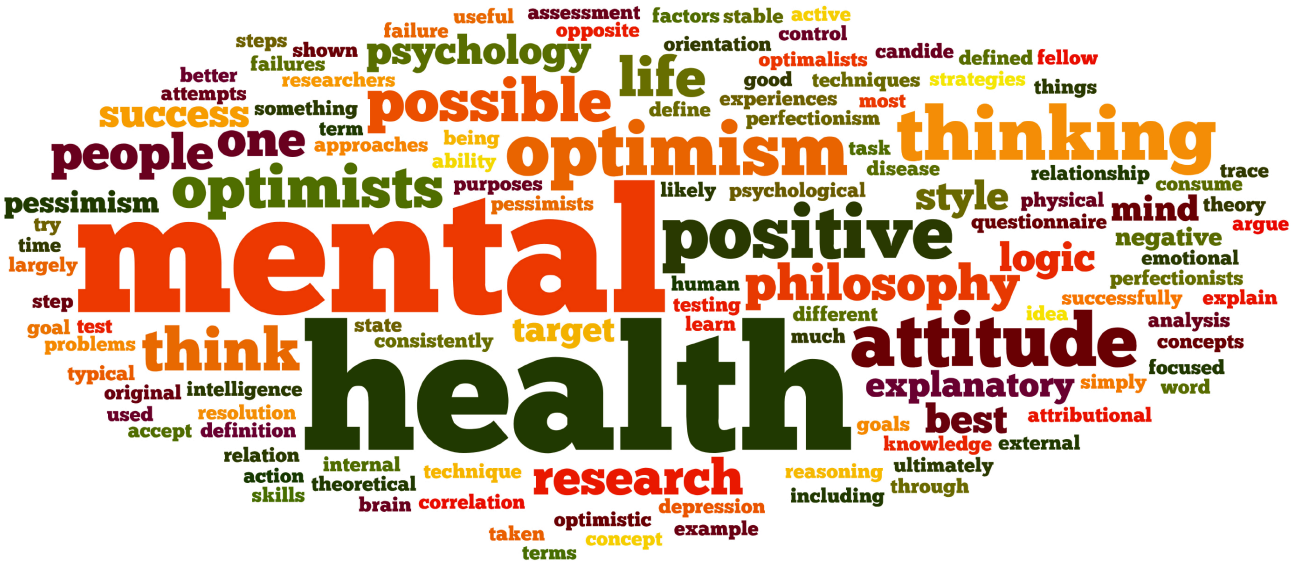
Did you know…

The **biggest barriers** for individuals to seek *mental health services* are all related to **stigma**.



Do you have difficulty sleeping? Have you noticed yourself feeling worried or sad more often than usual? One in four adults experience mental illness in a given year.

It's important that you talk to someone about it.
You are not alone.

You can access treatment and information that is completely confidential through your Employee Assistance Program **24 hours a day, 7 days a week**.

PEBB has partnered with Cascade Centers, Inc. to provide you with:

WholeLife Scale a new tool to improve the way you feel.

Click here to get started

Participate by July 25, 2016 and you can use this activity as BOTH of your HEM Health Actions

Cascade Centers Employee Assistance Program
800-433-2320
www.cascadecenters.com

CASCADE CENTERS
INCORPORATED