


May is Mental Health Awareness Month

 pages.azblue.com/Mental-health-Lets-educate-and-reduce-stigma---May-2021.html

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Our purpose is to Inspire Health, and that includes mental health. This month, Blue Cross® Blue Shield® of Arizona (BCBSAZ) is highlighting resources for improving mental health and encouraging mental wellness checkups.

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[Listen to your peers and their patients tell how MAT for opioid use disorder changes lives](#)

Every patient encounter is an opportunity

to educate on the importance of mental health and reduce the stigma associated with mental health conditions. Encourage your patients to take care of their mental health as a part of their overall wellness strategy by seeking support for concerns they may be having, or as a preventive measure to build awareness and improve resiliency. BCBSAZ members can [find an in-network mental health provider](#) (psychiatrist, psychologist, behavioral therapist, or counselor) and take that first step in addressing behavioral wellness.

Two go-tos for mental health support

- BCBSAZ's Mobilize AZSM website has [fast facts](#), [coping strategies](#), and [mind-fitness tips](#).
- The CDC has outlined [healthy ways to cope with stress](#) related to the COVID-19 pandemic. In addition, our Mobilize AZ website has a page dedicated to [Navigating Life & COVID-19](#)—check it out!

Mobilize AZ is a service mark of Blue Cross Blue Shield of Arizona, Inc.

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