

4 Care Resources for Millennial Mental Health

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If you're a Millennial, you know that technology and social media (which have been around your whole life) can place a near-continuous strain on mental health.

Millennial lives are an open book with seemingly everyone feeling entitled to volunteer their opinion or critique, whether invited or not. Pile on the pressure to get a degree and manage the all-too-familiar aftermath of college debt while navigating a new career, and it can be overwhelming. No wonder you feel stressed, edgy or downright depressed.

Unfortunately, statistics show that young adults hesitate to seek treatment for mental health problems. See our infographic: Millennials are Feeling Life's Pressures. [\[Link to infographic\]](#)

But the stigma of discussing and addressing mental health is fading and there are resources available to help you (and people of all ages) focus on wellbeing. First—know that you are not alone. Did you read the refreshingly honest story about Prince Harry of Great Britain, who revealed his own struggle with depression over the past 20 years in the aftermath of the death of his mother, Princess Diana? Ultimately he sought therapy and went on to cofound Heads Together, a United Kingdom-based charity focused on raising awareness and providing support for people with mental health issues.

That's great for Prince Harry, but where can you go for mental health help?

1. Start with your Employee Assistance Program (EAP)

Most employers offer EAPs as a company-paid benefit. EAPs are completely confidential and typically include telephonic and/or in-person mental health counseling and referrals. You may also have access to articles and webinars. These valuable resources can help with marital, financial or emotional problems; family issues; substance/alcohol abuse, to name a few. Familiarize yourself with your EAP, which is often an untapped mental health resource.

2. Take a closer look at your medical plan benefits

Check out your benefit plan summaries for specific mental health benefits.

If your employer offers employee advocacy as part of its employee benefits plan, these specially trained people can help you find mental health providers for your particular need. Advocacy support is HIPAA-compliant, so you don't have to worry about confidentiality.

3. Find out if Telepsychiatry is an option

If your medical plan as a telemedicine feature, it may also include access to telepsychiatry care for mental health. You may find this method of contact more

comfortable than an in-person visit. Check your benefits plan.

4. Talk to you primary care doctor

As a trusted advisor who familiar with your medical history, your doctor can be a great resource to refer you to a mental health provider.

Bottom line: mental health issues can affect your physical and financial health. Don't let antiquated stigmas about mental health deter you from seeking help. Focus on the whole you.

More resources:

[Big Think](#), "Millennials Are at Higher Risk for Mental Health Issues. This May Be Why"

[Forbes](#), "3 Healthcare Benefits Millennials Want, from the POV of a Millennial CEO"

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