

BENEFITS NEWS

May 2023



Nearly **1 in 5** adults will be diagnosed with a mental health condition in any given year.

46 percent of adults will meet the criteria for having a mental health condition sometime in their life, and **half** of those people will develop conditions by the age of **14**.

What is Mental Health?

Learn the differences between mental health, mental illness, mental well-being and mental fitness, click [here](#).

Tips for how to help a person with mental illness, click [here](#).

Resources for Powell Employees:

ComPsych EAP -available to all employees and family members

Behavioral Health (BCBSTX)- available to enrolled employees and family members

Learn to Live (BCBSTX) - available to enrolled employees and family members

Text BENEFITS to 833-234-9576 to receive text messages regarding important Benefits information.

Questions on Benefits? Check out Powell's Benefit Web Portal, [EMPOWERED](#) or call the Powell Benefits Center at 1-855- 855-7610.