

COVID-19: Mental and emotional health

In May, we recognize our nation's Mental Health Month. While the pandemic continues, the effects it has on mental and emotional health are as important as the effects on physical health. Every aspect of your health, including mental health, is a priority to Anthem. That is why we remain steadfast in our promise to share information so you know about available resources.



[When to ask for emotional support](#)

If you notice these changes, it may be time to reach out for professional help.



[Protect your health as restrictions ease](#)

How you can help reduce health risks and safeguard others.



[Mental health relief and resources](#)

What Anthem is doing to raise awareness, provide education and offer assistance.

Even though this health crisis has made life more unpredictable, you can feel confident that Anthem is always looking out for your mental and physical well-being.