

5 things to know if you're struggling

Just as our physical health may rise or fall over time, our mental health can also experience highs and lows. And while masking our struggles can make us feel less vulnerable, ignoring these issues can lead to bigger health problems like chronic conditions.

If you find yourself needing help managing your mental health, you have access to services and resources through the State of South Dakota. No matter where you are in your mental health journey, it's important to remember these five things:

You're not alone.

Whether you are feeling stressed, depressed, anxious, burnt out, or you have an official diagnosis, you are not alone. [More than one in five people in the U.S. live with a mental health condition.](#) You have extensive mental health resources available from the State — all outlined in the [Mental Health Resource Guide](#).

It's a health condition.

Just like high cholesterol or diabetes can run in your family, some of us are just more prone to mental health concerns. Anyone can experience mental health issues — and we can all use a little extra support from time to time.

Poor mental health can distort reality.

One of the worst side effects of poor mental health is how it effects your thought process. For example, depression may give you thoughts like, "I can't get better, so why try? I'm such a burden." This is the disease talking — not reality. No matter what your mind says there are people who want to help you get better.

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1 in 5
U.S. adults live with a
mental health condition

Source: [The National Institute of Mental Health](#)

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It may take time to find the right treatment.

Everyone responds to mental health care differently, so it's important to be open-minded. [Consider talk therapy](#): It's very effective, but it may take a few visits with different therapists to find the right provider for you. Similarly, medications can be helpful, but the same pill doesn't work for every person. Be patient and work with your care team to find the right combination.

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Self-care is important.

You can speed up your healing and prevent mental health issues from recurring by practicing regular self-care. Big health benefits come from a regular sleep schedule, exercise, staying hydrated and eating healthy foods, time with friends and family, and finding purpose.



**You are not alone –
we're here to help!**

If you're struggling and not sure where to begin your search for support, start with your [Mental Health Resource Guide](#). Within the guide, you will learn about the many free or low-cost resources available to you through the State of South Dakota.

Take a mental health assessment

Use myWellmark® to connect with mental health providers and potential care options by completing a no-cost, confidential mental health screening:

- 1 Register/log in to [myWellmark](#).
- 2 Select the **Well-being** tab on the left.
- 3 Scroll down to the **Mental Health Case Management** section and select one of the screening options.
- 4 A case manager will contact you with personalized resources based on your answers.

State of
South Dakota
BUREAU OF HUMAN RESOURCES
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