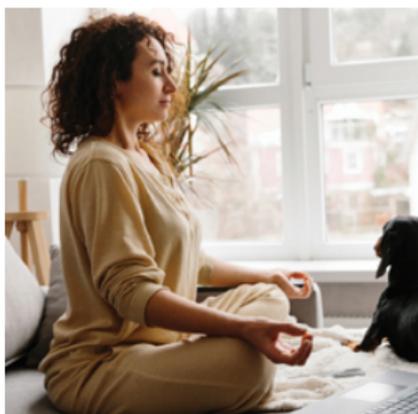


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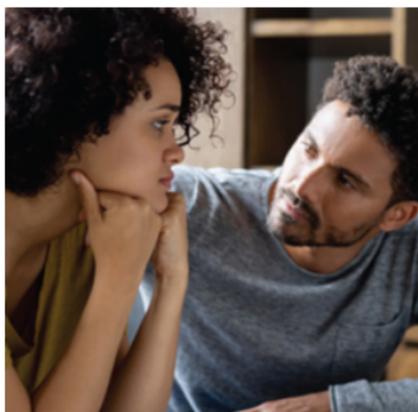
YOUR MONTHLY GUIDE TO HEALTHCARE AWARENESS



Make time for your mental health

When it comes to taking care of yourself, be sure to go beyond your physical health. Mental health determines how you think, feel, and act, and can impact your overall well-being. Extra support can make a big difference when facing issues such as stress, depression, anxiety, eating disorders, or substance use.

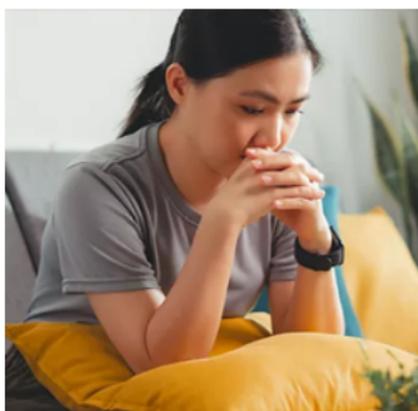
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Communicating your emotions in a healthy way

Being able to express your emotions is important to your health and well-being. The stronger your feelings, the better it is to be able to express them. Learn how to communicate your feelings to improve your health.

[Read more ►](#)



Understanding depression

Feelings of ongoing sadness and a loss of interest in the things you once enjoyed are potential symptoms of depression. Without help, depression can have a serious impact on your overall health. The good news is there is help and support for people with depression.

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