



Protect your mental health and well-being



Mental health is as important as physical health to your overall well-being. Mental health impacts how you think, feel, and act — and it affects your physical health, too. The information and resources here can help you understand common mental health topics and learn ways to protect your whole health.



Stress

When demands on our time, energy, and resources challenge us, we feel stress. Long-term stress can harm your health. Learn the warning signs, how to manage your response to stressful situations, and ways to form positive thoughts and feelings.



Emotions

Expressing feelings effectively is vital to health and well-being. Pent-up emotions can be harmful to your mind, body, and relationships with others. Discover ways to talk about your feelings so you can work through them and focus on your positive emotions.



Sleep

When you sleep, your mind and body are hard at work on your overall health. Sleep builds up your immune system and strengthens your mind. Learn healthy habits to help you sleep better and set aside enough time for quality rest. It can make a huge difference in your mental and physical health.



Anxiety

Having anxiety once in a while is normal, and everyone has different ways of handling it. Severe and constant anxiety can affect your work and relationships. It could also cause medical problems or make them worse. Explore effective ways to control anxiety and protect your mental health.



Suicide

Intervention and support are key to suicide prevention. Our resources will shed light on what you can do to help prevent suicide. If you or someone you know is in crisis or has suicidal thoughts, seek help right away. Call 988 to reach the 24/7 National Suicide Prevention Lifeline or chat with them at 988lifeline.org. If it's an emergency, call 911 or go to your nearest emergency room.

Resources and information to support mental health

- SydneySM Health app
- Emotional Well-being Resources
- anthem.com/ca/mental-health
- Scan this QR code with your phone's camera to access tips, tools, and other helpful resources.



Sydney Health is offered through an arrangement with Cereon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

Anthem Blue Cross is the trade name of Blue Cross of California. Anthem Blue Cross and Anthem Blue Cross Life and Health Insurance Company are independent licensees of the Blue Cross Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.