

Trim Line

Bleed Line

Score line

Score line

Score line

Bleed Line

Trim Line

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BlueCross BlueShield
of North Carolina

Let's change how we
talk about mental health.

8
OF
10

Shame and stigma stop
8 of 10 employees with a
mental health condition
from seeking treatment.¹

**DID YOU
KNOW?**

Find support at BlueCrossNC.com/MyMentalHealth.

¹ National Association on Mental Illness, NAMI Launches Stigmatree
Company Partnership, July 7, 2016.

What can
you
say
today?

I think you're brave.
What you're dealing with is real.
I hear you.
You're not alone.
I've got your back if you need a break.
I'm here for you.



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