

Note to self: You've got this!



Behavioral health resources are available through your SEBB medical plan

There's a lot going on in the world. When it becomes too much, it can affect our mental health. If you're having a tough time, know you're not alone. If you've tried health coping strategies and still feel overwhelmed, your SEBB medical plan has resources that may help.



If you or someone you know is struggling or in crisis, call or text 988. Visit hca.wa.gov/bh-sebb to see what your medical plan offers.