



SFCCN: CREATING A HEALTHY COMMUNITY ONE PERSON AT A TIME

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# Enrollee Newsletter

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## Everyone needs help every once in a while...

DID YOU  
**KNOW** 

Life comes with many challenges and we all need someone to talk to. Having a person to listen can help improve your mental health. What is mental health? It is how healthy your mood, thoughts, and/or behavior is<sup>1</sup>.

At times life can seem extra hard and we struggle to feel like ourselves. Many things can cause us to feel overwhelmed. Things like stress or a major life change can make us feel anxiety or deep sadness. Our physical health can also affect our mental health. A serious personal illness or the loss of someone we love can leave us feeling depressed.

During these times, it is easy to feel like you want to pull away from friends and family. Concordia Behavioral Health is here to be your listening ear. With SFCCN you have mental health services through Concordia to help with all of your mental health needs. You can call care coordinators and clinical professionals 24 hours a day, seven days a week. They even offer interpreter and TTY services if you need them.

Hard times can sometimes make us feel like we want to use to drugs or alcohol to escape. Concordia can help you find other ways to deal with these feelings. Addiction is not something you need to battle alone. To help, they offer the **Changing Lives** program where a coach can help be extra support while getting better from your addiction. The coach is trained in addiction and can help you win the battle. They want to help you.

Remember, everyone needs help every once in a while. South Florida Community Care Network and Concordia Behavioral Health are here to be that helping hand or listening ear.

For help please call us:



Toll-free at 1-855-514-5300

Should you require TDD/TTY services please contact us at 305.514.5399, or toll free at 855-276-7285.

*This information is available for free in other languages. Please contact our customer service number at 1-866-899-4828 / TTY/TDD 1-800-424-0328 Monday through Friday from 8:00am to 7:00pm ET.*

*Esta información está disponible gratis en otras lenguas. Por favor contacte a nuestro departamento de servicio al cliente al 1-866-554-2673 TTY/TDD 1-800-424-0328 de Lunes a Viernes desde las 8:00am a 7:00pm*

Content source: <http://www.concordiabh.com/>

<sup>1</sup><https://www.mentalhealth.gov>

Always consult your physician before making any changes to your lifestyle or healthcare routine.

### Concordia can help with:

- Depression
- Anxiety
- Panic
- Stress
- Family-related problems
- Eating disorders
- Childhood behavioral disorders
- Alcohol problems
- Drug problems
- Schizophrenia
- Compulsive Disorders

  
Get Connected. Get Answers. Dial 2-1-1

211 Broward is an official crisis call center for the National Suicide Prevention Lifeline Network.

**If you or someone you love is having thoughts of suicide please call :**

1-800-273-8255 