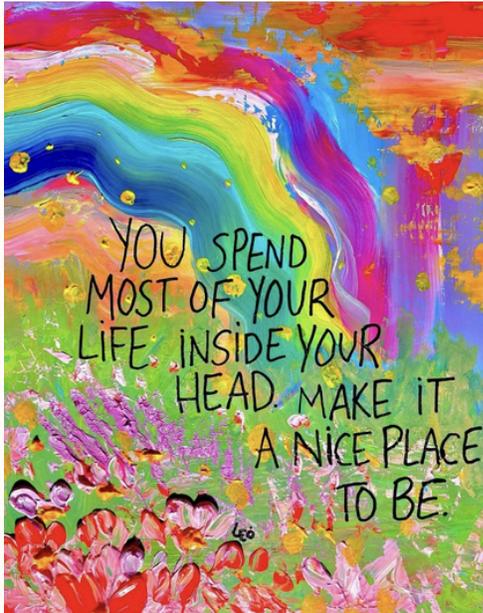


Talking Tazewell

The Wellness Playbook

May 2025, vol. 1



This newsletter is a new effort from TCHD to support mental wellness in our community. We will be sharing information, practical tips and local resources twice a month – right here and throughout the community. Whether you're looking to better understand mental health, find support for yourself or others, or simply stay connected, this newsletter is for you! Each edition will highlight different topics related to mental health – all tailored with our local community in mind.

Thank you for reading, and welcome to a space where mental health matters.

DID YOU KNOW...

MAY IS MENTAL HEALTH AWARENESS MONTH!

Nearly 40% of Tazewell County residents report between 1-5 poor mental health days in the last month.

Your mental health is an investment in your future.

There are many ways to celebrate this month, but first, remember to be kind to yourself.



So, you've made the decision to go to therapy. What now? Where do you start? What are your options? This can feel very overwhelming at first. There is no one size fits all approach to treatment and no right or wrong way. What matters is that you've done the hard part, and that's asking for help. Below, we will discuss some of the common barriers people experience.

Choosing a Therapist:

Make sure you choose someone you can trust. This is someone you are going to have raw and vulnerable conversations with. If you don't feel comfortable sharing details with this person, they probably aren't a good fit as your therapist. If something between you and your therapist isn't clicking, it's okay to speak up or find another therapist. This is more common than you think, and a good therapist will not take this personally. They may even be able to point you in the direction of someone better suited for you.

Insurance & Payment Options:

What if your insurance doesn't cover mental health services or your chosen provider isn't in-network? Not all insurance plans include coverage for mental health services and not all providers will be in-network with your plan. Don't let this discourage you – there are ways you can advocate for yourself while still getting the treatment you want, such as: ask your chosen therapist what their self-pay rates are. Some may have a sliding scale fee based on income or have a set self-pay rate. If you have an HSA/FSA card, verify with your insurance that therapy is an eligible expense and use those funds to pay for your visits.

Looking for more information regarding available resources in your area? Visit <https://tinyurl.com/TCHDMentalHealthResourceGuide>

HAVE AN IDEA OR TOPIC YOU WANT TO LEARN MORE ABOUT?

SEND IT OUR WAY!

TWP@TCHD.NET