

# Mental Health



**If there are times  
when you feel sad,  
anxious, or depressed,  
you're not alone.**

It's important to talk about life's challenges when you start to feel overwhelmed or when they begin to disrupt your life.

Our mental health providers are qualified to treat a wide range of conditions and disorders that affect emotional wellbeing. Through therapy you can get ongoing support and learn coping skills that help you feel better, regain control, or just make sense of it all.

**If you are going through any of the following things,  
VitellaCare, managed by Crossover, can help:**

✓ Anxiety

✓ Trauma

✓ Sleep

✓ Depression

✓ ADHD

✓ LGBTQ+ Health

✓ Grief

✓ Chronic Pain

✓ Relationships



**Sign up for your account now.**

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