

A woman with long black hair, wearing a grey hoodie and blue jeans, is sitting cross-legged on a rock in a mountainous landscape. She has her eyes closed and her hands are held out in front of her, palms up, in a meditative pose. The background shows green mountains under a cloudy sky. There are some decorative geometric patterns in the top right corner of the image.

Mental Health Awareness

Mental health is just as important as physical health.

Enroll in health insurance for better access to services that can help both your mind and body stay well.

For more information, contact your local Indian health care provider, visit [HealthCare.gov/coverage](https://www.healthcare.gov/coverage), or call **1-800-318-2596**.

