



Mental Health & Your Family

Telligen Mental Health Program

Mental health impacts all aspects of life, from the home to the workplace. Research shows mental illness often has a ripple effect on families. Mental illness can change how families live their lives and create tension, uncertainty, and stress.

When caring for a family member with a mental illness, know that you are not alone. Family members and caregivers play a vital role in helping and supporting the millions of people in the U.S. with mental health conditions.



“The best way to manage our thoughts is to first educate ourselves. We need to fully understand how a mental illness can feel to someone before we thoughtfully talk about it.”

Joyce Numedahl, Director of Care Solutions

When you have a family member with a mental illness, it is easy to let their care take over your life. It is important to take care of yourself. In some cases, the stress of caring for a family member with a mental illness can lead to anxiety or depression.

Telligen’s expert health coaches are here to help members who care for a family member with mental illness. Our health coaches support caregivers with tools and resources to help their loved ones and maintain healthy family relationships. We provide an outlet for members to share their burdens and promote self-care. All conversations are confidential.

Telligen health coaches also help members who experience stress, depression, or anxiety. Our health coaches help members learn to manage stress and anxiety and promote positive change through support and education.

Program Benefits



A strong support system during difficult times



Actionable steps to improve mental well-being longterm



Ongoing communication with a dedicated health coach



Assistance locating additional mental health resources



Resources and education to help address mental health concerns

If you are dealing with depression or anxiety, Telligen is here to help. Call [833-226-7275](tel:833-226-7275) to enroll.