



# Be resilient Idaho!

## Lift each other up!

Promoting good mental health has always been the foundation for Optum Idaho's community engagement efforts. Mental health impacts the wellbeing and quality of life of each Idahoan. During the COVID-19 pandemic 31% of Idaho adults have reported symptoms of anxiety and depressive disorder\*

*\*Keiser Family Foundation (kff.org) as reported for Phase 3: 3/17/2020 – 3/29/2021. <https://bit.ly/3awg2Ni>*

Mental health is a topic that all of us want to feel comfortable discussing although many find it difficult to start the conversation. May is national Mental Health Awareness Month and Optum Idaho wants to provide even more opportunities to help initiate and continue the dialog around positive mental health by partnering with the Idaho Resilience Project to bring your community "Kites of Hope" a positive, friendly and unifying way to reach out, reconnect and say, Hello Idaho!

The Idaho Resilience Project and Optum Idaho will distribute 7,000 "Kites for Hope" to communities throughout the State. On Friday, May 21, 2021, choose your favorite kite flying location and join us in a day to reconnect and lift one another up while flying "Kites for Hope." Post your photos on your favorite social media platform and tag [@optumidaho](#) and [@idahoresilienceproject](#), [#kitesforhope](#), [#resilientcommunities](#), [#resilientidaho](#), [#hopeliveshere](#).

To learn more about mental illness and recovery, visit NAMI Idaho at [namiidaho.org](https://namiidaho.org). If you or someone you know have questions or need help locating a behavioral health provider, visit Optum Idaho at [optumidaho.com](https://optumidaho.com). **If you or someone you know is in crisis, call 2-1-1 or the Optum Public toll-free helpline: (866) 342-6892.**



*Optum provides health and well-being information and support as part of a patient's health plan. It does not provide medical advice or other health services, and is not a substitute for your doctor's care. ©2021 Optum, Inc. All rights reserved. ID-649-2021*