

Everyone has **UPS** and **DOWN**S from time to time

*but thousands of Kansans are affected by anxiety,
depression, alcohol problems or eating disorders.*

If you experience consistent or
overwhelming problems with:

- depression
- anxiety
- controlling alcohol consumption
- managing your food intake

or if you'd like to learn more about
these treatable medical conditions,
we're here to help.

**Our no-cost confidential
screening:**

- is anonymous
- will help you self-identify
your symptoms
- is designed to help
you seek timely
treatment



For more information on any of these treatable medical conditions,
call us at **1-877-384-8055**

or visit us on the Web at **www.bcbsks.com/screening**
to take a confidential, self-administered screening.



**BlueCross
BlueShield
of Kansas**