

A monthly wellness newsletter from Better You

Navigating mental health support for diverse communities

Did you know one out of every five adults in the U.S. experiences some type of mental health issue every year?¹ However, for some, seeking mental health support can be challenging, especially for people who belong to minority groups.

Why it matters: People from diverse backgrounds often face stressors that are specific to their experiences and may mistrust doctors or have less access to mental health and substance use treatment services.

They may also view mental illness as a weakness they need to hide or feel uncomfortable with a doctor who doesn't speak their native language or understand their cultural experiences.

Steps to getting the best care

It can be tough to ask for help, but help is available. Your primary care doctor is a good place to start.

- Don't be afraid to talk with them about your mental health because over time, poor mental health can impact your physical health.

- Your doctor can help you find a therapist or specialist who can help.
- Know your treatment options including holistic and non-traditional methods.
- Be assertive when you're seeking care. If you're not feeling aligned with your doctor or mental health therapist, it's OK to change providers.

Florida Blue works with Lucet² to provide behavioral health services to our members. You can call 1-866-287-9569 for help finding a therapist that fits your needs. Members are usually seen within a week of making an appointment.

You can also turn to our Community Specialists at our Florida Blue Centers.

- They are social workers ready to help you and anyone in the community struggling with their mental health, whether they're a member or not.
- Visit your local center or call 1-877-352-5830 or learn more at FloridaBlue.com/center.

Tips for helping others who may be struggling

If you know someone who is struggling with their mental health, consider these tips to help you reach across cultural lines:

- **Start with empathy.** Ask questions that show you genuinely care and want to understand the person's needs.
- **Respect differences.** Seeing the world differently doesn't make it wrong.
- **Avoid making judgments.** Look for connections and start to build bridges from there.
- **Just be present.** Letting them know they're not alone can work wonders.

Remember, seeking help is a sign of strength, not weakness.

For more information, [join us](#) for a live webinar at 1:00 pm ET on Thursday, July 18 to hear Dr. Nick Dewan, Florida Blue's vice president of behavioral health, discuss how to navigate mental health support.

Resource: ¹[Centers for Disease Control and Prevention](#)

²Florida Blue contracts with Lucet to provide behavioral health services.

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Six dental tips to keep you smiling!

Recipe of the month

Six dental tips to keep you smiling!

Taking care of your teeth is important for a healthy smile. Here are six tips to help your teeth and gums stay healthy:

Brush twice a day. Use a soft toothbrush and fluoride toothpaste. Brush for at least 2 minutes each time. Hold the brush at an angle to your gums and make sure to brush all parts of your teeth. Change your toothbrush if it starts to look worn or at least every 4 months.

Floss daily. Floss once a day before you brush your teeth. Use a dental floss to clean between your teeth, moving it in a C shape to reach the gum line.

Choose a healthy diet. Eat lots of fruits and vegetables. Foods

high in fiber help clean your mouth and make your teeth stay strong. Avoid sugary snacks and drinks because they can cause cavities.

Stay hydrated. Drink plenty of water to keep your mouth moist. If you don't have water, chew sugar-free gum. Remember, unlike bottled water, tap water has fluoride, which helps protect your teeth.

Avoid tobacco. All types of tobacco can cause oral cancer and gum disease. Vaping can also harm your gums.

Follow these tips and visit your dentist at least once a year to keep a healthy and happy smile.



Want to learn more? [Join us](#) July 31 at Noon ET at a Florida Blue Center near you for a presentation on dental health.

Scan the QR code to the right to attend.



Resources: [CDC.gov](https://www.cdc.gov); [Heart.org](https://www.heart.org)

Creamy Watermelon Smoothie (Serves 2)

Ingredients:

- 2 cups chopped seedless watermelon, plus watermelon wedges for garnish
- 1 small banana (about 5 ounces)
- $\frac{3}{4}$ cup fresh strawberries, hulled and halved
- $\frac{1}{2}$ cup unsweetened coconut-milk yogurt
- 2 teaspoons agave syrup or honey
- $\frac{1}{8}$ teaspoon salt

Directions:

Arrange chopped watermelon evenly on a baking sheet lined with parchment paper. Freeze until completely frozen, at least 2 hours or up to 12 hours. Cut banana in half crosswise; peel 1 banana half and set aside. (Reserve the remaining banana half for another use.) Place the frozen watermelon, peeled banana half, strawberries, yogurt,



agave (or honey) and salt in a blender. Process until completely smooth and creamy, about 1 minute, stopping to scrape down sides as needed. Divide between 2 glasses. Garnish with watermelon wedges, if desired.

Recipe courtesy of [Eatingwell.com](https://www.eatingwell.com); for nutritional information click [here](#).

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).

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