

# SHINE BRIGHTER

with

# LAMP

## Behavioral Health Services

LAMP Behavioral Health Services are available to all participants in the Manatee YourChoice Health Plan and can help you focus on:

- Reducing Stress
- Practicing Mindfulness
- Navigating Workplace Tension
- Strengthening Relationships

Your first 5 visits are at NO COST to you!

Reach out for this confidential service today!

(941) 741-2995