

Navigating Anxiety



Anxiety is a normal response to stress. But it can also affect your daily life. Learn its causes. You can understand and recognise anxiety.



WhatsApp

+1 984 920 6875 Message only



Direct Dial

+351 2 1454 2186



Website

<http://www.magellanhealth.com/global>
Company Code: nexcom



Book an Appointment

Log on to your member website to schedule an appointment.



iConnectYou

Download the member app and register using the passcode:
33552

SUPPORT IS AVAILABLE 24 HOURS PER DAY, 7 DAYS PER WEEK

Support is provided by Magellan Healthcare, Inc, staffed by professionals who are completely independent of your organisation. They are bound by professional standards regarding confidentiality and do not disclose details of individuals who have contacted the service. Any information you share is at your discretion and will not be shared with your organisation.