

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.



Freephone 800 848 1696



WhatsApp +1 984 920 6875 Message only



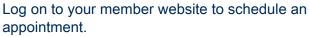
Direct Dial +351 214542169



Website http://www.magellanhealth.com/global Company Code: nexcom



Book an Appointment





iConnectYou

Download the member app and register using the passcode: 21365

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.