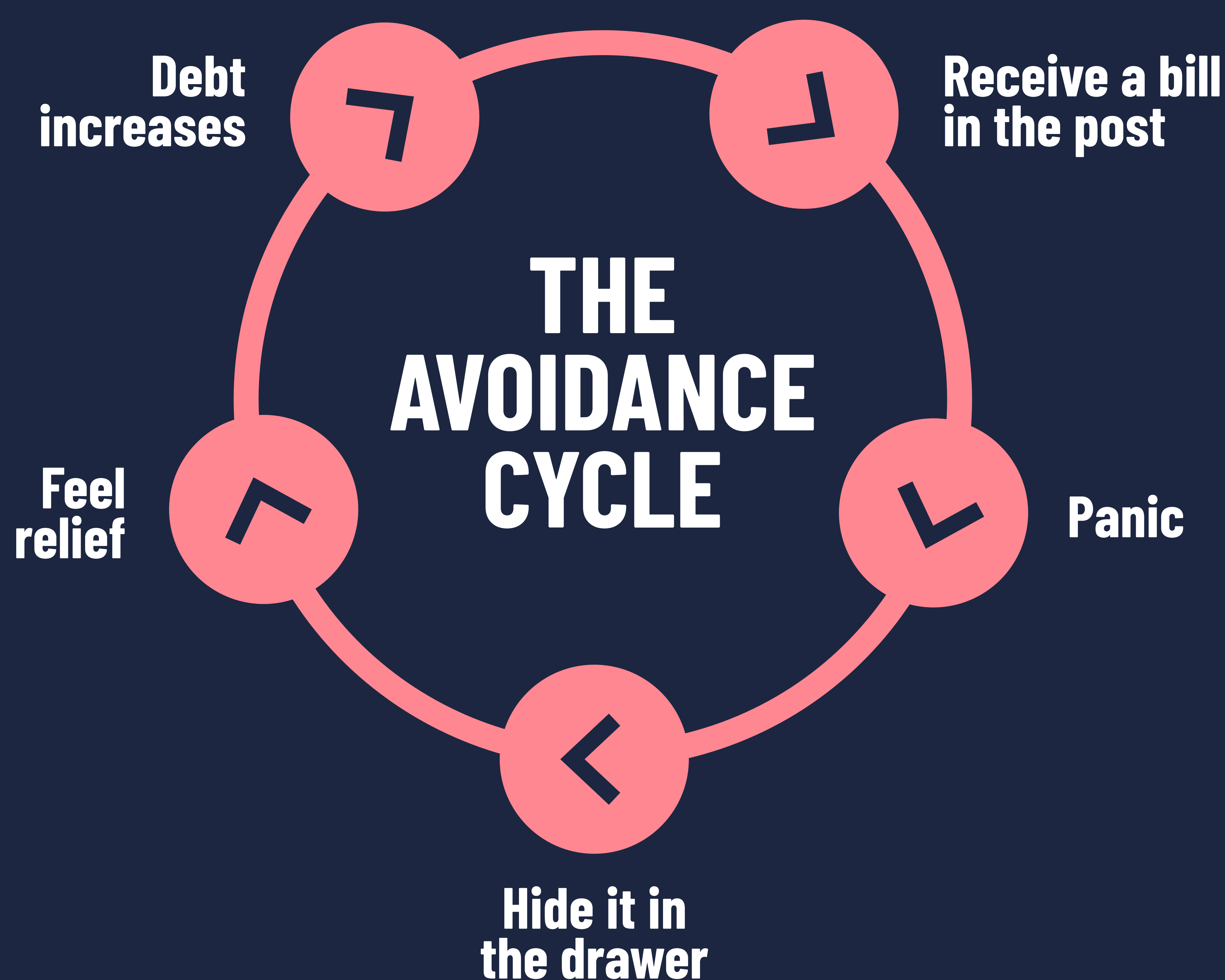
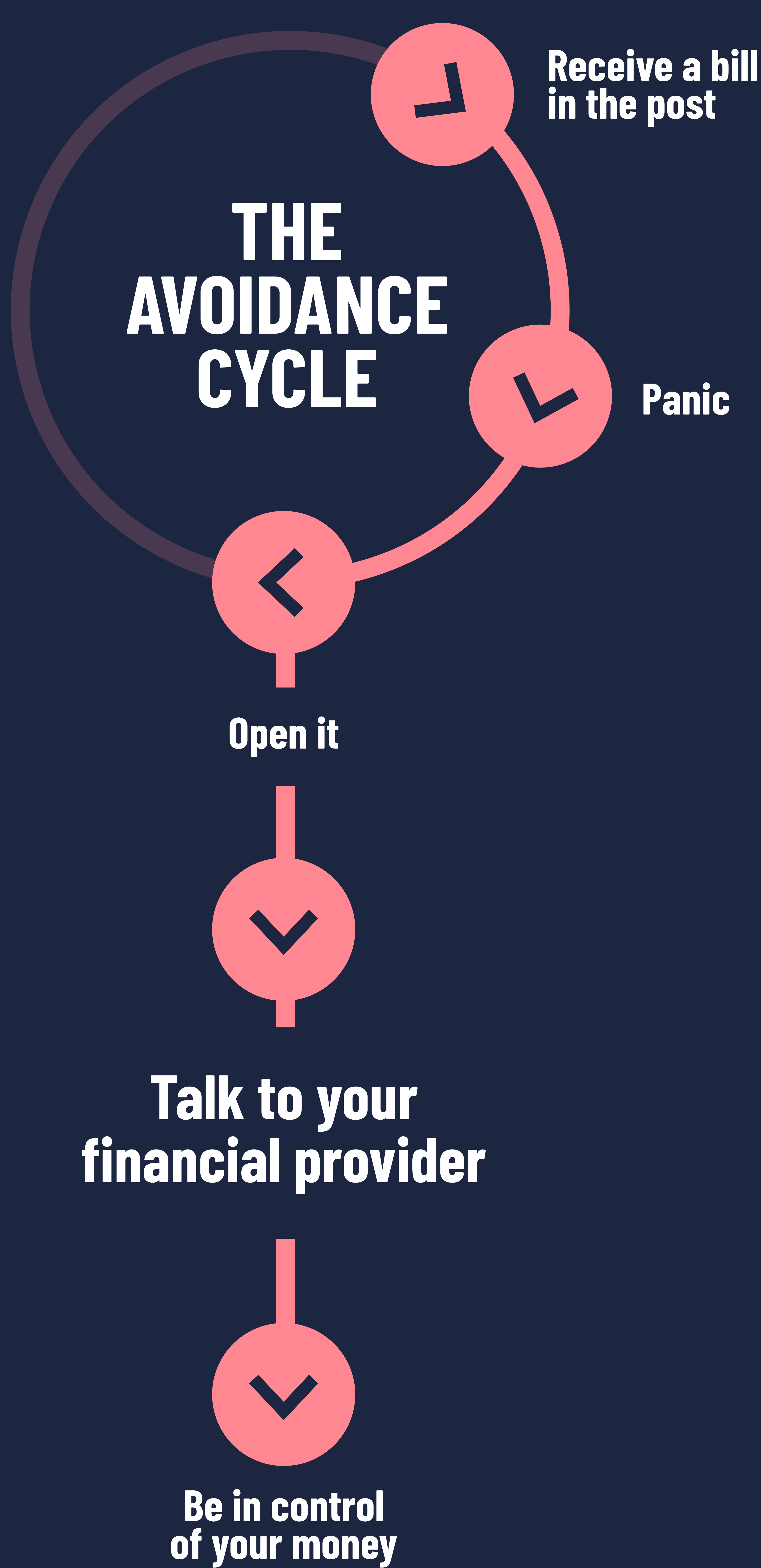


# Break the Avoidance Cycle

Avoiding something, like an unpaid bill, can feel like a temporary fix. But this doesn't make the thing you're avoiding go away. Tackling that thing head-on is the only way to deal with it, even though that might feel pretty uncomfortable.



## Break the cycle



If you're a Capital One customer and your mental health is impacting your ability to manage your account, **contact us**. We'll work with you to find a solution that can help.

Find more mental health resources and support on the [Rethink Mental Illness website](#).



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