



YOUR BENEFITS CORNER

More details to come.

Objective

To promote company benefits, answer benefit questions, share useful tips and resources with fellow team members.

Mental Health Resources



**Join us
virtually:
10:00 am -
10:30 am EST**

Save the dates.

September 27th
Mental Health
Resources

October 25th
Navigator Tutorial

November 8th
Open Enrollment
Q&A Follow-Up

Red Flags – Mental Health Crisis



Decreased work performance & engagement with work



Increased isolation from team members



Sudden, unexplained mood changes



Rapid weight loss or weight gain



Increased safety risks, accidents and/or poor decision making.



Long stretches of fatigue



Feeling overwhelmed by minor problems & daily activities



Loss of interest in hobbies

Tips for Self-Care During Uncertainty:



Stay Informed, but Limit Exposure:

Stay informed from reliable sources, but avoid excessive news consumption.



Stay Connected:

Reach out to friends and family for emotional support, even if it's just a virtual chat.



Practice the Well-being Essentials:

Prioritize well-being with exercise, balanced eating, and mindfulness to improve sleep and reduce anxiety.



Maintain Routine:

Create a daily schedule to bring structure and predictability into your life.



Seek Professional Help:

If your mental health is severely impacted, consider speaking to a mental health professional.



MENTAL HEALTH RESOURCES

Sometimes it is difficult to distinguish between a normal reaction to a tough situation and red flags signaling a deeper mental health concern.

But if you've noticed any of the symptoms below in yourself or a colleague for an extended period of time, it's probably time to seek or suggest professional mental health support.

SIGNS & SYMPTOMS TO LOOK FOR



Decreased work performance & engagement with work



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RESOURCES & COUNSELING



Employee Assistance Program

Through TELUS Health, you have 24/7 access to a range of services. Access to resources, counseling, professional advice, etc. username: waldinger | password: 7230 888-456-1324 | Español: 888-732-9020 | TTY: 800-999-3004 Mobile app available in Apple App Store or Google Play



The Substance Abuse & Mental Health Services Administration

SAMHSA leads public health efforts and provides national leadership to advance the behavioral health of the nation. Publications and digital products available in English and Spanish at no cost to the public (posters, magnets, wallet cards, etc.).



Ethos App

Download Power Apps on your mobile device and login for access to resources and internal support. All enterprise resources including a grief counseling tool available to team members.



SUICIDE PREVENTION



988 - Suicide & Crisis Lifeline

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Call or text 988 | text TALK to 741741



Workplace Suicide Prevention

The goal is to change workplace culture and reduce job strain and negative, fear-based, prejudicial and discriminatory thoughts, behaviors and systems regarding suicide and mental health. Access to training and additional resources about recommended practices.



Internal Suicide Prevention Training

This link provides access to the enterprise's internal suicide prevention training session that took place in November 2022. Contains content and resources from subject matter expert, Frank King - The Mental Health Comedian.



SUPPORT & EDUCATION



National Alliance on Mental Illness

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Access to local support groups, educational materials and other resources. 1-800-950-NAMI | text NAMI to 741741



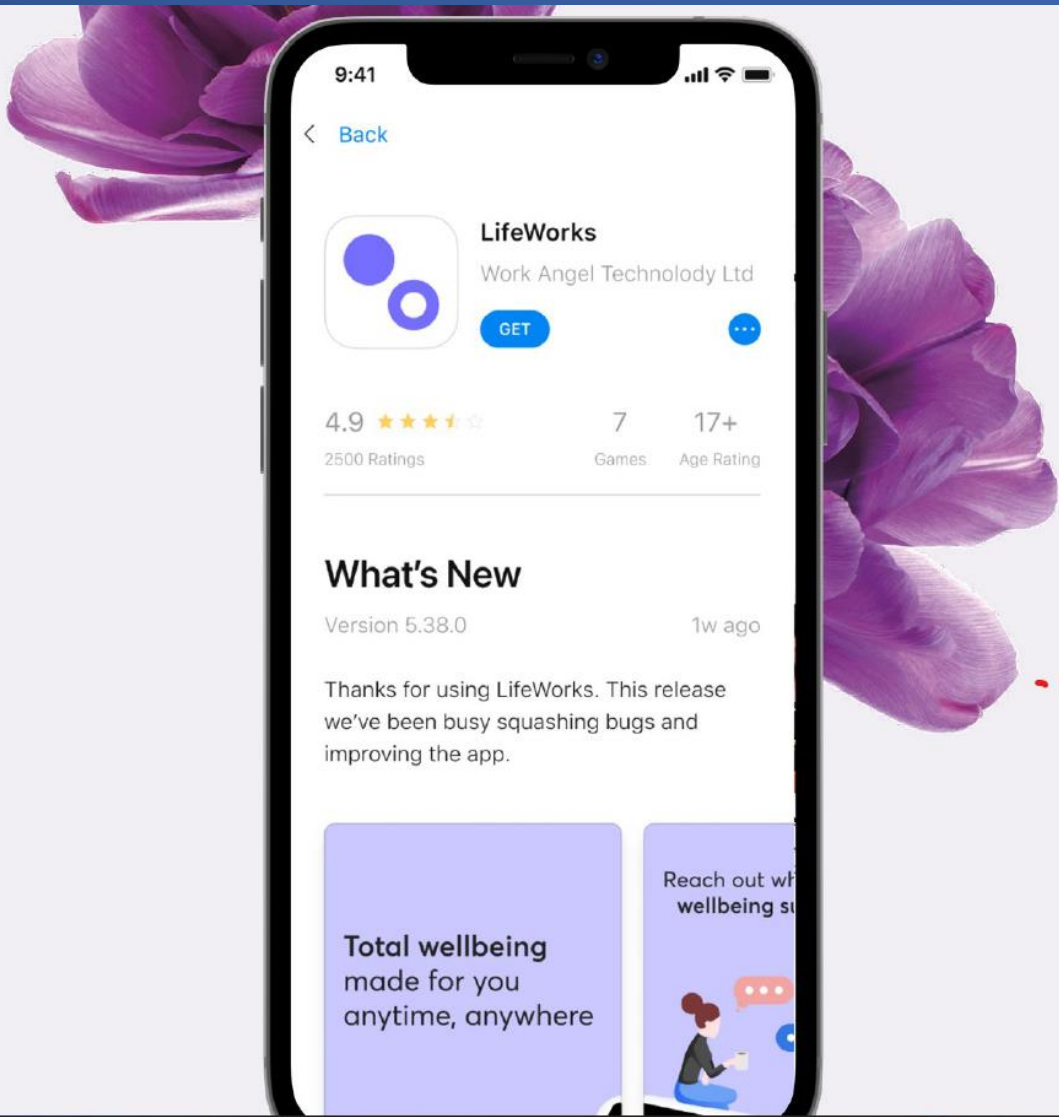
Mental Health First Aid

from National Council for Mental Wellbeing Mental Health First Aid is a skills-based training course that teaches participants about mental health and substance-use issues. Training and downloadable resources available.



QPR Institute

The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. Training certification available.



Download the LifeWorks app.

Feel supported and connected wherever you are.

With the innovative LifeWorks app, you can access qualified support for your mental, physical, social and financial wellbeing, any time, from anywhere.

Username:

waldinger

Password:

7230

Call us, 24/7:

888-456-1324

TTY:

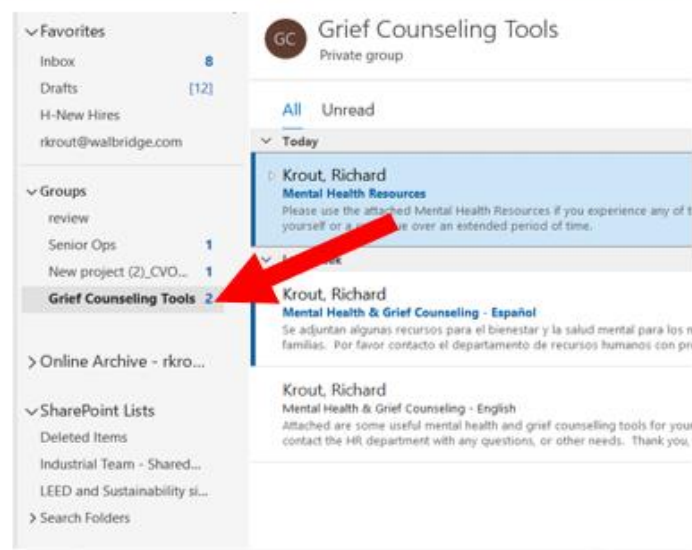
888-732-9020

More Mental Health & Wellbeing Resources

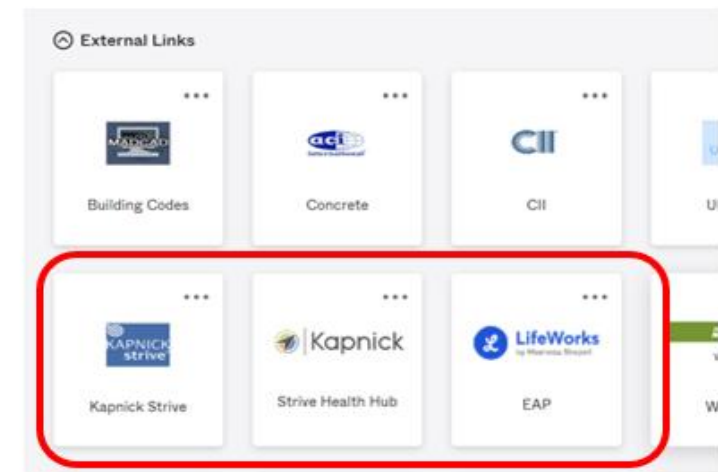
Ethos App



Microsoft Outlook Groups



Walbridge Homepage



More Mental Health & Wellbeing Resources

- Blue Cross Blue Shield Medical – Telehealth behavioral health counselors <https://member.bcbsm.com>
- Amwell Telehealth – Behavioral health counselors <https://patients.amwell.com>

TELUS Health Community can reduce isolation and improve your organization's mental health.



Online and anonymous.

Using online posts, people anonymously give and receive support from one another while trained professionals monitor posts and escalate crisis situations.



Ongoing support.

With TELUS Health Community, people realize they are not alone and become part of a peer network where they can give and receive ongoing emotional support.



Help in addition to EAP.

Ongoing support helps make mental self-care part of daily routines and keeps people feeling their best. TELUS Health Community can provide courage and confidence to reach out to the EAP.



- ✓ **Kapnick Strive** <https://info.kapnick.com/walbridge>
 - Holistic health & wellbeing resources
 - Kapnick Strive Wellness Portal
 - Mental & Physical Health resources, tools
 - Links to preventative health & wellbeing resources



Mental Health Guide



3 Digit Number – November 30th

Canada: Talk Suicide Canada (talksuicide.ca)

Canada will be getting a three-digit number for suicide prevention on **November 30, 2023**. If you'd like to know more about this, please visit the [Government of Canada website](#). If you are in Canada and need help now, please continue to call 1.833.456.4566 any time, or text 45645 between 4 p.m. and midnight ET.

Call 1.833.456.4566. Text 45645

Volunteer

Donate

Are you in Quebec? Click here

FR



Get Help

Understanding Suicide

Menu

You deserve to be heard. We're here to listen.

Connect to a crisis responder to get help without judgement.

Call 1.833.456.4566.

Toll free | 24/7/365



Text 45645

4 p.m. – midnight ET



**What to expect when
you contact us**

If it's an emergency, please call 911



QPR Training

Mandatory training for all team members, due by 9/30.



QUESTION



PERSUADE



REFER

A grayscale photograph of a crowd of people, seen from behind, with their hands raised in the air. The scene is brightly lit, possibly from a window or stage lights, creating a high-contrast, slightly overexposed effect. The word "QUESTIONS?" is overlaid in the center in a bold, bright green, sans-serif font. The question mark is slightly larger than the other letters. The overall mood is one of active participation or a public gathering.

QUESTIONS?

THANK YOU FOR
JOINING US!