

## OCTOBER 10: WORLD MENTAL HEALTH DAY

# Breaking the Silence: Supporting Mental Health at Work

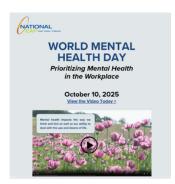


**Breaking this silence is key.** By fostering open dialogue, we can create supportive work environments that build resilience, enhance engagement, and allow every individual to thrive.

This World Mental Health Day, take a step toward building a healthier, stronger workplace culture.

#### **RESOURCE FOR YOU**

Watch this on-demand recording to learn strategies for supporting mental health in the workplace >>



### **Wysa: Mental Resilience App**

Download Wysa, our CBT-based app that offers Al-powered chatbot, for personalized emotional support, and 150+ self-care tools.

Click here or Scan the QR Code to get started >>

#### **Member Portal**

Access articles, tip sheets, and seminars on burnout, managing stress, and resiliency. Explore additional articles by visiting your member portal and click on the "Self-Help" tab and then "Mental Health".

Click here or scan the QR Code to get started >>

**Need Help?** 

CALL: 1-800-624-2593

**Log On to the Member Portal**