



OCTOBER 10
WORLD
MENTAL
HEALTH
DAY

Silence and stigma have long suppressed open discussions about mental health in the workplace, causing many to suffer in solitude. Breaking this silence is key to crafting supportive workspaces that promote employee engagement and resilience.

It is essential to evolve our workplaces into environments where mental health is proactively supported.

Attend our free online recorded seminar:

"Healthy Minds at Work"

This online seminar is a recorded, on-demand event and will be released in the Work-Life Services section of the MYgroup website on October 10th, 2024.

Participants will benefit by being able to

- Identify the signs and symptoms of common mental health challenges in themselves and their colleagues
- Understand how to prioritize mental health in personal daily routines and manage their work-life balance effectively
- Acquire conversational tools to discuss mental health concerns with peers and superiors in a constructive manner
- Utilize effective coping strategies for resilience when faced with workplace challenges, pressures, and uncertainties

YOUR FIRST RESPONDER ASSISTANCE PROGRAM

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best.

Just call or log on to get started.

TOLL-FREE: 800.633.3353

WEBSITE: mygroup.com > Current Participants > Resources > Access Work-Life Services

COMPANY CODE: organization-specific

PASSWORD: organization-specific

