

MENTAL HEALTH RESOURCES

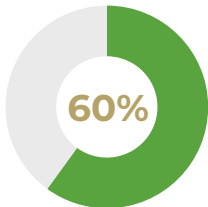
Be Kind
to Your Mind



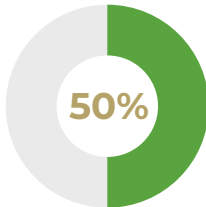
Mental health is a key part of your overall wellness.

Like physical health, your mental state can shift throughout your life from poor to positive and even to excellent, depending on your personal experiences and how you manage the stressors you face. While the world has gone through significant changes recently, what hasn't changed is our commitment to your mental health and emotional well-being.

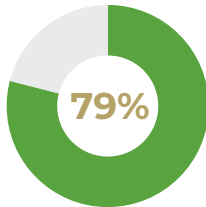
Your Mental Health, At Work and Elsewhere



60% of employees feel like they can't talk at work about how major U.S./world events are affecting their mental health.



50% of employees worry about the cost of getting mental health support.



79% of employees believe if mental health is prioritized, they can avoid severe conditions and clinical care.

Source: *Shifting Tides: A Report on the Changing Attitudes About Mental Health Care and the Workplace* by Modern Health and Forrester Consulting, September 2021

Checking in on Your Mental Health



Healthy

- Mood generally stable
- 7 - 8 hours of uninterrupted sleep
- Consistent work performance



Coping

- Nervousness, irritability, sadness
- Trouble sleeping
- Tired/low energy
- Decreased social activity



Struggling

- Persistent anxiety, anger, sadness or hopelessness
- Disturbed sleep
- Decreased work performance
- Social avoidance



Unwell

- Excessive anxiety or depression
- Inability to sleep
- Exhaustion
- Absence from work
- Social isolation

Self-Care and Social Support

Professional Care and Help

Sibanye-Stillwater Benefits Program

The Sibanye-Stillwater Benefits Program gives you access to an array of programs, tools and resources to support your mental health and well-being.



For a Healthy Life!

Enhanced Mental Health Benefit



- Confidential counseling, work/life services, self-care resources, coaching, mindfulness tools and more
- Available 24/7 to you and your eligible dependents at **NO COST**
- Access to **10 free sessions** virtually or in person for mental health coaching and/or therapy per individual, per calendar year
- Can help you with anxiety, depression, grief, relationships, stress, sleep problems, substance use and more

(877) 932-2101

SibanyeStillwater.LyraHealth.com

Lyra

Medical Plan Mental Health Coverage



- Mental health and substance use disorder care coverage on all medical plans (deductible may apply)
- Prescription coverage for approved mental health medications
- Access to advocate and care management programs
- Your PCP or Care Manager will help with referrals to in-network mental health and substance use disorder providers

(855) 999-1521

AskAllegiance.com/smc

Sibanye-Stillwater
HEALTH PARTNERS

Allegiance
a Cigna Company

Telehealth Mental Health Services



- Speak with a therapist or psychiatrist from the comfort of your home
- **NO COST** for telehealth visits
- Help with anxiety, depression, stress and more

(844) 733-3627

Ascendant.Amwell.com

Service key: **SSMC**

 amwell

Other Programs, Tools and Resources

Suicide & Crisis Lifeline

The 988 Lifeline provides 24/7, confidential support to people in suicidal crisis or mental health-related distress. Call or text **988** or visit 988Lifeline.org.



For Everyone

[Calm Meditation App](#)

[eM Life Mindfulness Tool](#)



For Men

[Man Therapy](#)

[#ItsOKMan Online Support Group](#)



For Women

[Mental Health Resources](#)

[Mother.ly](#)



For Adolescents & Teens

[Help for Anxious Children](#)

[Seize the Awkward](#)

[Mental Health is Health](#)

[Born This Way Foundation](#)

[Not OK Suicide Prevention App](#)

[Please Stay Suicide Prevention Campaign](#)



For Parents, Caregivers & Families

[MINES EAP Parenting Made Joyful Coaching](#)

[Family Mental Health Resources](#)

[NAMI Family Support Groups](#)

[Tips for Managing Caregiver Stress](#)

[Family Caregiver Alliance](#)

[Child Mind Institute](#)



Questions on your benefits?

Contact Human Resources at **(406) 322-8930** or email ColHRFrontDesk@sibanyestillwater.com. You can also visit Sibanye-Stillwater's Family Website at stillwaterfamily.org.