



OCTOBER 10TH IS WORLD MENTAL HEALTH DAY

CREATING AWARENESS AROUND MENTAL HEALTH

October 10 is World Mental Health Day. Our employees' overall health and wellbeing is a priority at the company. That's why we provide a wide range of mental health resources as part of our Benefits Program.

YOU ARE NOT ALONE!

If you or a family member are struggling with a mental health concern, you are not alone! According to a poll by Monster, 63% of people said their mental health was poor (35%) or fair (28%).

ADVOCATING FOR YOUR WELLBEING

It's important to remember that help is available and wellbeing resources are at your fingertips. This includes the enhanced mental health benefit from Lyra Health, the medical plan mental health services from Allegiance® and telehealth mental health services from Amwell®.

QUICK ACCESS TO OUR WELLBEING RESOURCES

For more information about our company's mental health and wellbeing resources, please visit stillwaterfamily.org.

MENTAL HEALTH TOOLKIT

To improve your mood try one or all of these quick tips.

Lyra #MentalHealthIsHealth

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Connect

Socialize with others to reduce loneliness. Call a family member, attend a group meetup, or chat with a neighbor.

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MENTAL HEALTH TOOLKIT

Move

Get moving for 5 minutes to release mood-boosting hormones. Walk, dance, or play a sport.

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