

MENTAL HEALTH RESOURCES

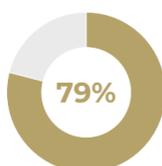
Be Kind to Your Mind



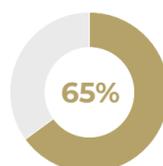
Mental health is a key part of your overall wellness.

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. Sibanye-Stillwater is providing the following resources as part of our ongoing commitment to your mental health and emotional well-being.

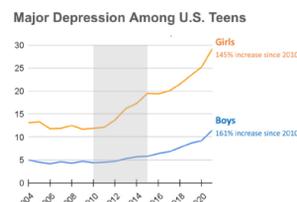
Your Mental Health, at Work and in the World



79% of employees say that when their employers prioritize mental well-being, their work experience improves.¹



65% of cardiovascular disease deaths are related to alcohol.²



From 2010–2020, there was a:
145% increase in major depressive disorder among teenage girls
161% increase in major depressive disorder among teenage boys³

¹Source: *New Poll: Stress About Mental Health is an Obstacle to Productivity at Work* by Mind Share Partners, April 2024
²Source: *Shifting Tides: a Report on the Changing Attitudes About Mental Health Care and the Workplace* by Modern Health and Forrester Consulting, September 2021
³Source: *2021 National Survey on Drug Use and Health*

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

Available to all employees and their eligible dependents



- Confidential therapy and coaching, work/life services, self-care resources, 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

[Lyra Health Welcome Video](#)

Lyra

(877) 932-2101

SibanyeStillwater.LyraHealth.com

Medical Plan Mental Health Coverage

Available to all enrolled medical plan members



- Mental health and substance use disorder coverage on all medical plans (deductible may apply)
- Prescription coverage for approved mental health drugs
- 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
- Medical plan integration with Lyra allows you to **continue care with the same provider** once you have exhausted your 10 free sessions

Lyra

(877) 932-2101

SibanyeStillwater.LyraHealth.com

Sibanye-Stillwater
HEALTH PARTNERS

Allegiance
A Cigna Company

(855) 999-1521

AskAllegiance.com/smc

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



Available to medical plan members

(844) 733-3627

Ascendant.Amwell.com

Service key: **SSMC**

Lyra

10 free visits for all employees and eligible dependents; unlimited visits for all enrolled medical plan members with applicable cost share

(877) 932-2101

SibanyeStillwater.LyraHealth.com

In-person sessions also available

Valuable Programs, Tools and Resources

Suicide and Crisis Support

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.

Additional Resources:

- [Lyra Dialectical Behavior Therapy for Suicidality](#) (please contact Lyra's Care Team for more info)
- [Stay Here](#) (suicide prevention for Gen Z)
- [My Life Is Worth Living](#) (suicide prevention for teens)



For Everyone

Lyra Discussion Series

(structured small-group discussions facilitated by Lyra's mental health experts)

Lyra Watch Events

(live, public workshops)
Sign up for these live events [here](#)

Issue-specific Resources:

Grief

[Support Navigating Through Grief](#)

Anxiety

[Caring for Yourself During Life Transitions](#)

Depression

[Breaking the Cycle: Overcoming Chronic Pain and Depression](#)

To access Lyra tools, you will need to create or log on to your account on [Lyra](#). There, visit the Lyra Library, which contains all self-care resources, on-demand content and live events.



For Men

[Man Therapy](#)

[Rewriting Feeling Rules: A New Era for Men's Mental Health](#)

[Overcoming Mental Health Stigma in Males](#)

[Men Have Feelings Too](#)

[10 Signs of Depression in Men](#)



For Women

[Supporting Women's Well-being Through Physical Health Challenges](#)

[Expanding our Understanding of Women's Mental Health](#)

[Embracing Joy: Coping With Depression During Pregnancy](#)

[Alcohol Use Disorder in Women](#)



For Adolescents, Teens and Young Adults

[How to Support the Mental Health of Kids and Teens](#)

[How to Support a Child With Mental Health Issues](#)

[Building a Village for Family Mental Health Care](#)

[The Anxious Generation: Resources for Gen Z](#)

[Please Stay: Suicide Prevention Campaign](#)



Family and Couples Health

[Family Guide: Care for the Whole Family](#)

[Five Ways to Support Your Child's Mental Health](#)

[Parent Coaching: What It Is and How It Strengthens Families](#)

[Is Couples Therapy the Answer?](#)

[Parenting in the Real World](#)

Lyra Member Stories

[John](#) | [Kevin](#) | [Kamila](#)

Learn How Lyra Can Be a Resource for You

All These Resources and More

[Click here to get started in Lyra today!](#)



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.