

Your Mental Health Matters

Be Kind
to Your Mind

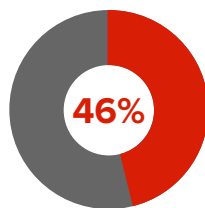


It's Time to Check in With Yourself

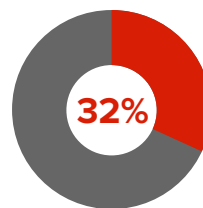
While you may remember to make appointments for an annual physical or teeth cleaning, it's easy to let your mental health fall by the wayside. Whether you're coping with stress, grief, substance use or other challenges, mental wellness is a crucial part of your overall well-being. Now more than ever, it is important to prioritize emotional health so you can make the most out of each day.

MAPFRE has provided the following list of tools and resources to support our employees' mental health and emotional well-being.

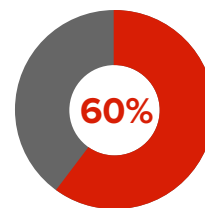
MENTAL HEALTH BY THE NUMBERS



46% of Americans will meet the criteria for a diagnosable mental health condition at some point in their lives.



32% of U.S. adults will experience an anxiety disorder at some point in their lives, with 23% of them experiencing serious impairment.



More than half of U.S. youths with major depression do not receive any treatment, which means 13 million children are suffering without support.

Source: [Mental Health America](#)

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

EMERGENCY MENTAL HEALTH SUPPORT

When you or a loved one needs immediate help, call 911 or use the following resources:

National Domestic Violence Hotline	988 Suicide and Crisis Lifeline	LiveWell Services Program	The Crisis Text Line
<p>800-799-7233 800-787-3224 (TTY)</p> <ul style="list-style-type: none">• Call if you are...a victim of domestic abuse or calling on a victim's behalf.• What they do: Offer help with crisis intervention, information and referrals to local services.	<p>988</p> <ul style="list-style-type: none">• Call if you...or someone you know is in suicidal crisis/emotional distress and needs emergency help right away.• What they do: Connect you to the 24/7, free and confidential Lifeline. The Lifeline offers immediate support and crisis resources for you or your loved ones. You can also find 24/7 support through the online <u>Lifeline Chat</u>.	<p>1-800-648-9557</p> <ul style="list-style-type: none">• Call if you...or a loved one needs help managing mental health and work-life stressors.• What they do: Help you find a licensed clinician, either live or through a digital platform. You can also find child- and eldercare, legal and financial assistance, nutrition support and more. Available 24/7 by phone or <u>online</u>.	<p>Text "Home" to 741741</p> <ul style="list-style-type: none">• Call if you are... in crisis and need someone to talk to about self harm, depression, an eating disorder, COVID-19 anxiety or other issues.• What they do: Connect you with a live crisis counselor for free. Your counselor is available 24/7 through text message and will help you make a plan to stay safe.

VIDEO PRESENTATIONS

Available to all employees

▶ **Video: All It Takes Is 10 Mindful Minutes**

When is the last time you did absolutely nothing for 10 whole minutes? Not texting, talking or even thinking? Mindfulness expert Andy Puddicombe describes the transformative power of doing just that: refreshing your mind for 10 minutes a day, simply by being mindful and experiencing the present moment. You can view the video [here](#).

▶ **Short Video: What Is Alcohol Use Disorder?**

About 18 million people in the U.S. have an alcohol use disorder. This video describes the symptoms, contributing factors and treatment options. Find out how to seek recovery. Watch the short video [here](#).

▶ **Daily Calm: 10-Minute Mindfulness Meditation**

Tamara Levitt guides this 10-minute mindfulness meditation to help you restore and reconnect with the present. Bookmark this video to return to a sense of calm during times of overwhelm, or simply to reset your day. To learn more, click [here](#).



OUR WELL-BEING RESOURCES

Check in during difficult times, work on continuous self-improvement and get helpful resources for you and your family.

The key to a healthy lifestyle is having a good understanding of your health and risk factors—and making smart choices about nutrition and exercise. For this reason, all MAPFRE employees have access to wellness programs and resources designed to help you set and reach your individual health and wellness goals.



MindTide Behavioral Health App

MindTide is a personalized app that gives you the ability to care for your mental well-being at your own pace. With brief, easy-to-use exercises, courses and audio tools, you can learn how to reduce stress and manage difficult emotions. Members can register or sign in [here](#).



Mindfulness App: Wise@Work

Practice work-focused mindfulness with the Wise@Work app, which features hundreds of science-based practices exclusively for the workplace. Practices are schedule friendly and include skill-building modules on topics like resilience, leadership, conflict resolution, increasing creativity and other skills. Learn [more](#).



Brightline Virtual Behavioral Health Support for Adolescents

Blue Cross Blue Shield covers virtual therapy visits through Brightline, an independent company, for our members in Massachusetts aged 3 to 17. Brightline brings virtual behavioral and mental health care to families, when and where they need it. Learn [more](#).



LiveWell Services

MAPFRE has partnered with KGA, Inc., to offer an employer-sponsored, confidential work-life program to assist with personal and work issues before they can impact your health, relationships and job performance. Click [here](#) to learn more.



Fitness and Mind-body Reimbursement

With BCBS's fitness reimbursement program, you are rewarded for making your physical health a priority. Get reimbursed for up to \$150 in fees you pay toward a fitness facility, fitness classes, cardiovascular and strength-training equipment and more. In addition, MAPFRE offers up to \$300 reimbursement for mind and body support, such as massage, hypnosis and meditation therapy, and other alternative health treatments. For more details, click [here](#).



Goodpath

Goodpath's whole-person care is complete treatment for wherever you are in your mental health journey. When you experience mental health concerns, musculoskeletal issues, sleep disorders and digestive problems, the free and confidential Goodpath program can help address these issues along with the factors that contribute to them. Get expertise from a robust medical team who can create a personalized plan for you. You'll have a dedicated health coach to support you every step of the way, along with one-on-one support from a therapist. This program is free to all MAPFRE employees and adult dependents. No waiting, no copays and 100% confidential. Find out [more](#) about Goodpath.

In addition, Goodpath's Cancer Care Program works to improve the health, quality of life and clinical outcomes for cancer patients, supporting both physical and mental health. Access customized expertise that teaches how to cope with stress, body image and other wellness concerns. Learn [more](#) about the Cancer Care Program.



Support When You Need It

We recognize that life can be complicated. To help you weather any storm, we have collected resources to support you with caregiving, ergonomics, nutrition, post-partum and vision challenges. [See more](#).

SPOTLIGHT: THE LIVEWELL SERVICES PROGRAM

Available to all employees and family members

The LiveWell Services Program provides confidential support, guidance and resources to help you and your family find the right balance between your work and home life. This benefit is company-sponsored at NO COST to you. You and your dependents have access to:



- Legal, financial and work-life services
- Professional counseling
- Personalized support, consultation, referrals and resources, such as:
 - » Crisis help and career support
 - » Parenting, child- and eldercare resources
 - » Home and family convenience services
 - » Nutrition consultations

To get started today, visit my.kgalifeservices.com or speak with a specialist at **800-648-9557**. Click [here](#) to learn more.

ADDITIONAL RESOURCES TO FIT YOUR NEEDS

Available to all employees at no cost

Take A Free Mental Health Screening

Anytime you feel unsure about your mental well-being or need help understanding what you're feeling, you can take a free and anonymous mental health screening at mhascreening.org. After your confidential screening and results, you'll be provided with various resources, including guidance on how to confide in someone you trust and how to seek professional support.

<p>Thriving (for Men): Flying a Jetpack Over Life's Bumper-to-Bumper Traffic</p>	<p>For Young Children: The Mooderators</p>	<p>Stress Management for Kids and Teens</p>
<p>What does thriving look like? It's time to reap the benefits of your own hard work and enter a state of flourishing, personal growth, happiness and fulfillment. Learn more here.</p>	<p>Watch videos and access resources that help kids and parents when talking about a very important topic: big feelings in children. Watch The Mooderators here.</p>	<p>Learn about what stressors are common, how stress is expressed and ways to manage it for children and teens. Listen to the podcast episode here.</p>
<p>Suicide Awareness and Prevention</p>	<p>Resources and Support for Veterans</p>	<p>Grief and Loss: Resources From the Empathy Care Team</p>
<p>Befriender aims to give everyone the opportunity to explore feelings and share in confidence, anonymously, and without prejudice. Learn more here.</p>	<p>Veterans Affairs has a variety of mental health resources, information, treatment options and more for veterans and the public. Explore topics such as anxiety, PTSD, substance use, tobacco and more. Access the guide here.</p>	<p>Learn about both the financial and emotional aspects of loss. Understand probate, taxes and selling property. Get profound, compassionate advice on grief, emotional health and interpersonal dynamics. Learn more here.</p>



QUESTIONS?

If you have questions about your benefits, contact Betterhealth@mapfreusa.com.