

Let's talk about mental health.

# RESOURCES FOR YOUR MENTAL HEALTH AND WELL-BEING

Our company cares about you.

## **We aim to:**

- Collaborate with managers and employees to create a healthy workplace.
- Treat mental health and well-being as seriously as physical health.
- Support your mental health by providing an environment where you can feel comfortable sharing your experiences and asking for help.

## **Here are some resources we have gathered where you can also turn for help and support:**

- [CDC Mental Health Guidance](http://www.cdc.gov/mentalhealth/tools-resources/index.htm): [www.cdc.gov/mentalhealth/tools-resources/index.htm](http://www.cdc.gov/mentalhealth/tools-resources/index.htm)
- [National Alliance on Mental Illness](http://www.nami.org): [www.nami.org](http://www.nami.org)
- [American Psychiatry Association](http://www.psychiatry.org): [www.psychiatry.org](http://www.psychiatry.org)
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](http://www.samhsa.gov/find-help/national-helpline): [www.samhsa.gov/find-help/national-helpline](http://www.samhsa.gov/find-help/national-helpline)
- SAMHSA's National Helpline: 800-662-HELP (4357)
- National Suicide Prevention Lifeline: 800-273-8255

