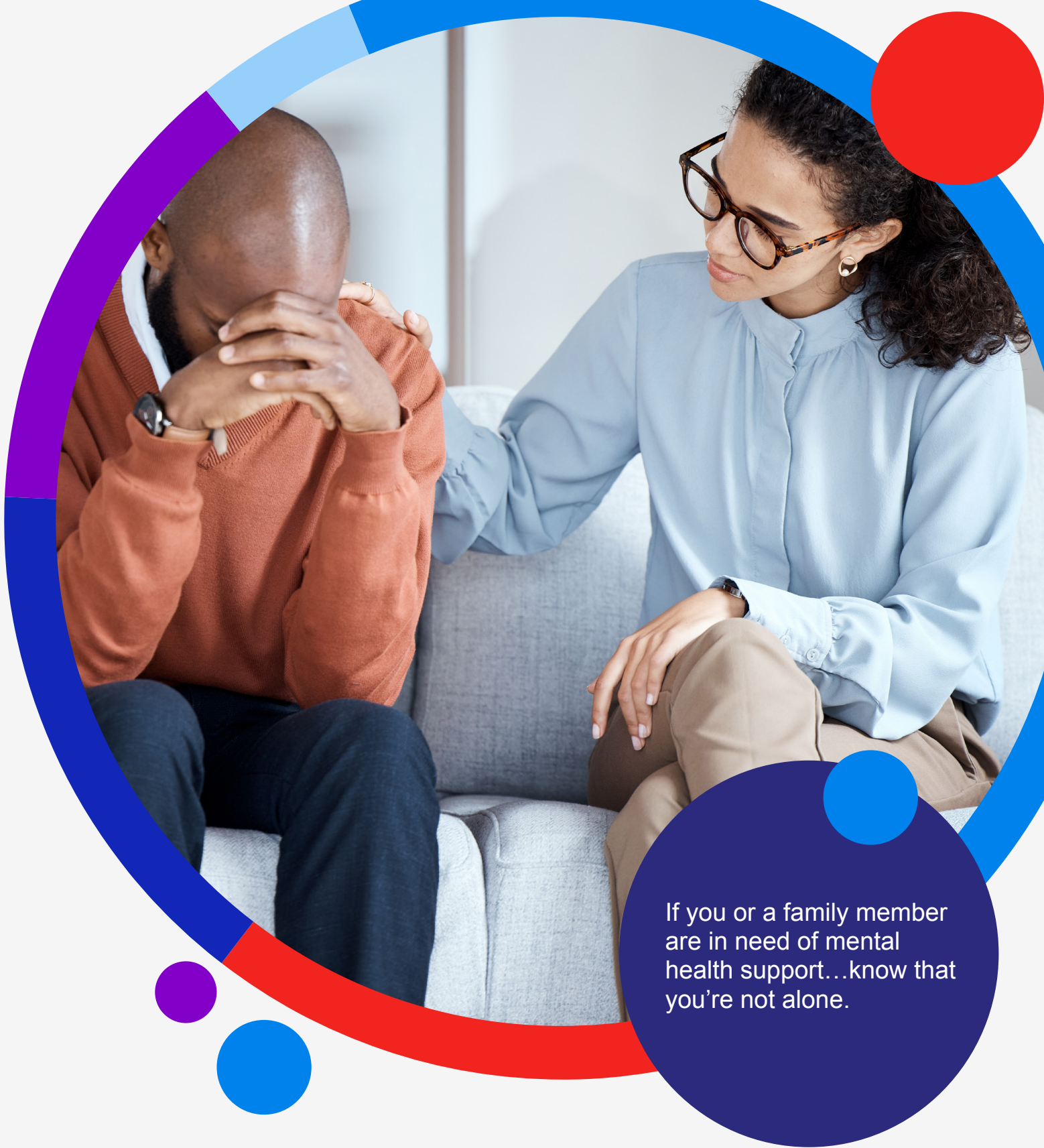


# Mental Health Care Navigation and Resources Guide





If you or a family member are in need of mental health support...know that you're not alone.

Whether you or a family member are looking to prioritize mental health, access support or get immediate assistance, this guide highlights the benefits and resources that are available when and where you need them. For more details on the benefits and programs offered, visit the [Self Service Portal](#). You can also visit the [WWT US Benefits Website](#) for additional information on all that's offered.

## Prioritizing Mental Health

At World Wide Technology (WWT), your mental health is a priority, and it plays a crucial part of your overall health and wellbeing. Focusing on your mental health helps you live a happy, healthy life, achieve your personal goals and positively impacts your physical, financial and social health. We offer a variety of resources to support your mental health because we recognize we all need a little help from time to time. **It's OK not to be OK, and it's OK to seek support.**

Being well feels different for everyone, so it's important to check in on yourself and your mental health on a regular basis. Ask yourself:

- Have you been getting enough sleep?
- Have you lost interest in your daily activities?
- Have you felt a lack of energy or strength?
- Have you had difficulty concentrating?
- Have you been eating normally?

If you have not been feeling like yourself, it is important to reach out for help. You may look into making habit changes, attending therapy or talking to a mental health provider about possible treatment options.

## Resources to Support You

No matter where you are in your mental health journey, WWT offers tools and resources to help. These resources are confidential and here to meet you *where you are*, *when* you need support.

### Programs Available to All Employees

#### Employee Assistance Program

The Employee Assistance Program (EAP) provides confidential, professional assistance to you and your family for whatever life throws your way. This benefit, provided through Personal Assistance Services (PAS), is offered at no cost to you and your family. Through the EAP, you have access to counselors who can help you with depression, anxiety, life transitions, grief, addiction or whatever you may be facing.

To get started, visit [paseap.com](http://paseap.com) and use code WWT when registering or call 800-356-0845. Someone will be available to help 24/7, 365 days a year.

### Asking for Support

While it may seem overwhelming, it's important to ask for the support you need. Here are a few tips for having these difficult conversations:

- Talk to someone you trust (a friend, family member, therapist or your doctor)
- Be candid with your manager about how you're feeling and any potential work-related stress/triggers (i.e., workload, interpersonal relationships, job challenges)
- Join a support group or schedule a counseling session
- Practice self-care and, most importantly, give yourself grace

It isn't easy to see your colleagues, friends and family members struggle with mental health challenges. Many of the resources and programs highlighted in this guide are available to your family members. But how do you have a conversation about mental health? See [page 7](#) for tips to help you get started.

## Sharecare

Sharecare partners with WWT to administer the WWT wellness program and provides you access to a virtual platform that helps you manage all your health in one place, including access to programs and personalized insights and ways to help you stay on track. You also have access to **Unwinding by Sharecare** which is a wellbeing program designed to help you better understand how your mind works, reduce stress and build healthy habits.



To get started, register at [wwt.sharecare.com](http://wwt.sharecare.com). Once you're registered, you'll take the RealAge Test to understand your body's true age. The information you provide will help Sharecare curate a personalized experience with actions you can take to improve your RealAge and wellbeing.

Once you register on the browser, you can download the Sharecare app on Google Play or in the App Store.

## Rx Well Mental Health Mobile App

The Rx Well Mental Health app is offered in partnership with Personal Assistance Services (PAS), our EAP administrator, and offers support for stress, anxiety, weight management, healthy eating, physical activity and tobacco cessation. The app provides behavioral and mindfulness techniques, physical activity, nutrition and weight tracking and can help you identify patterns in feelings and behaviors over time.

To get started, download the app from the Apple App Store or Google Play and use code WWT.

## eMLife Mindfulness Mobile App & Web Platform

eMLife helps you build connections and skills to manage stress, enhance focus and improve sleep. Through the platform, you have access to live, 14-minute daily mindfulness programs led by experts, live monthly programs and on-demand resources. Plus, you can join their expert-led community to get support and build connections.

To get started, download the app from the Apple App Store or Google Play or visit or visit the [web platform](#) with code WWT.

## Family Health Center Behavioral Support

WWT partners with Mercy to manage and run our onsite health centers in Edwardsville and Maryland Heights. These health centers offer a collaborative care program which is a team-based approach to your care. That means you will have primary care providers, behavioral health care providers and psychiatric consultants working together to help with a mental health diagnosis. The behavioral health support offered can also help you manage stress, learn new coping skills, practice mindfulness and make healthier choices.

To make an appointment, call the Health Center Staff at:

- 618-219-7470 (Edwardsville)
- 314-513-1870 (Maryland Heights)

These health centers are free to all employees and dependents covered under our Health Plan.

## Programs Available to Employees Enrolled in an Allegiance Health Plan

Please note: If you live in Hawaii, please call UHA at 808-532-4000 to learn more about available support.

### Brightside Virtual Mental Health

Brightside Health provides you with virtual in-network mental healthcare no matter where you are. Expert specialists can meet with you in as little as 48 hours and assess your needs. From there, they can provide support every step of the way, including video consults with a psychiatric provider, weekly video sessions with a therapist, unlimited messaging with a specialist and more. For each visit, you will pay a \$15 copay. This program is available to adults age 18 and over covered under the Allegiance Health Plan.

To get started:

- Take the [free assessment](#)
- Meet with your licensed specialist to develop a comprehensive treatment plan
- Get online support through video visits, messaging and check-ins. If you're prescribed any medication, it can be delivered right to your doorstep!

### Allegiance Care Management

Through your Allegiance medical plan, you have access to Allegiance Care Management where a team of utilization reviewers, case managers and medical professionals work together to help make sure you are getting the best care given your health and diagnosis while minimizing your costs based on your medical plan. This offering also includes a customized depression screening assessment to help evaluate what treatment and support may be appropriate. To learn more, call Allegiance at 855-999-3893 or visit [www.askallegiance.com](http://www.askallegiance.com).

### Spotlight on Financial Wellbeing

We understand financial stress can have a big impact on your mental health which is why we offer programs and resources to promote financial security and wellbeing, so that you can be better prepared for the future and focus on your overall wellbeing. These programs are available to all WWT employees, regardless of your medical plan enrollment.

- **Banking and investment programs** offer varying options including preferred rates, investment support, mortgage benefits and other services. Learn more on the [US Additional Benefits](#) page under Banking & Investing Information.
- **Purchasing Power** gives you the chance to shop for products through an online store and pay for them over time from your paycheck with a fixed, regular payment. To learn more visit [wwt.purchasingpower.com](http://wwt.purchasingpower.com) or call 888-923-6236.
- **Perkspot** is an online store with exclusive deals and discounts for WWT employees. Start saving at [wwt.perkspot.com](http://wwt.perkspot.com).
- **GotZoom Student Loan Debt Relief Advantage** identifies, maximizes, enrolls and re-certifies employees into Federal Student Loan Repayment and Loan Forgiveness Programs for which they are currently eligible. If you have federal student loan debt, GotZoom will reach out and explain the offering, answer questions and begin the intake process.
- **PAS Discount Center** is offered as part of our EAP and provides a discount shopping platform with exclusive deals across thousands of services and products. Visit [paseap.com](http://paseap.com) to learn more.

# National Crisis Hotlines

Outside of WWT, there are a number of national crisis organization and hotlines that can provide support, including:

Resource	Phone number
<a href="#"><u>National Suicide and Crisis Lifeline</u></a>	988
<a href="#"><u>National Alliance on Mental Health (NAMI)</u></a>	800-950-6264
<a href="#"><u>National Domestic Violence Hotline</u></a>	800-799-SAFE (7233)
<a href="#"><u>Depression and Bipolar Support Alliance</u></a>	800-826-3632
<a href="#"><u>Postpartum Support International</u></a>	800-944-4773
<a href="#"><u>National Maternal Mental Health Hotline</u></a>	833-852-6262
<a href="#"><u>Trevor Project</u></a>	866-488-7386
<a href="#"><u>National Eating Disorders Helpline</u></a>	800-931-2237
<a href="#"><u>Substance Abuse and Mental Health Services Administration (SAMHA)</u></a>	800-662-HELP (4357)



## Having Crucial Conversations

It's important to check in on your loved ones and offer support. Mental health struggles can show up in a number of ways. Here are a few signs you might notice in a colleague or loved one who is struggling:

- Loss of interest in activities and motivation/commitment
- Sleep, appetite or energy level changes
- Increased sensitivity
- Problems with concentration or memory
- Increase in absenteeism, overall sickness or poor health
- Inability to carry out daily activities or handle daily problems
- Prolonged or strong feelings of irritability or anger

When you're seeing these signs in others, you can provide support through encouraging and empathetic conversations. Open the conversation with questions or statements like:

- How are you doing at the moment?
- You don't seem yourself today. Is everything ok?
- I would like to help you [talk to someone/figure out what to do/create a plan]. What can I do?

If your initial questions spur conversation, try to keep your questions open-ended and actively listen, ask:

- Do you want me just to listen, or would you like suggestions for what to do?
- How can I best support you without overstepping?
- What can I take off your plate?
- Let's discuss the resources we have available here, and what else you might need.
- I've been through something similar. And while I don't want to make this about me, I'm open to sharing my experience with you, if and when it would be helpful.

## Supporting your Children

As a parent, mental health is more relevant than ever, and WWT is here to help. If you notice a change in your child's mood, whether they are stressed or feeling down, the confidential counseling offered through the EAP can help your children understand their feelings and work to improve their mental health. Plus, you have access to Parental and Family counseling through the EAP. You can help your children form healthy habits by encouraging them to:

- Spend time outdoors and exercise daily
- Eat healthy foods
- Get enough sleep and establish a regular sleep schedule
- Limit their screen time
- Spend time as a family regularly
- Discuss their feelings and needs with you



## Self-Care and Staying Connected

Taking time to take care of yourself and connecting with others can promote good mental health. You can connect with your WWT colleagues through our social media tool, [VivaEngage](#).

### Get Involved with an Employee Resource Group

Our various Employee Resource Groups (ERGs) connect those with similar interests and experiences in the workplace. These ERGs allow employees to share stories and build bonds that foster a sense of community. You can also visit the [ERG page](#) to learn more about the ERGs available to you as a WWT employee and how you can join! By joining any or all of the ERG TEAMS sites, you can stay connected and learn more about upcoming activities.

Our ERGs include:

- Heard (Somos-Latines)
- Ohana (Asian and Pacific Islander)
- Lead (Women)
- Pride (LGBTQIA+)
- Shades (Black Network)
- Vets (Veterans)
- WWT Able (Disabilities Enabled)
- RISE (Rising Professionals)

### Volunteer with the Day of Caring

WWT offers a Day of Caring to all employees. This is a paid day off each year to volunteer and give back to the community with a non-profit of your choosing. When selecting a non-profit to get involved with, we encourage you to select one that is meaningful for you or a loved one.

If you are looking for a volunteer activity, check out [Benevity](#). This site lists different ways you can get involved; plus, you can log your volunteer time!

#### Tips for Practicing Self-Care

- Exercise regularly
- Get enough sleep and try to establish a regular sleep schedule
- Stay on top of your health by prioritizing routines such as getting preventive care, routine screening and taking your vitamins
- Make time for things that energize you, like favorite activities or spending time with people you love
- Journal or meditate
- Don't overcommit yourself—it's ok to say no
- Schedule breaks throughout the day

