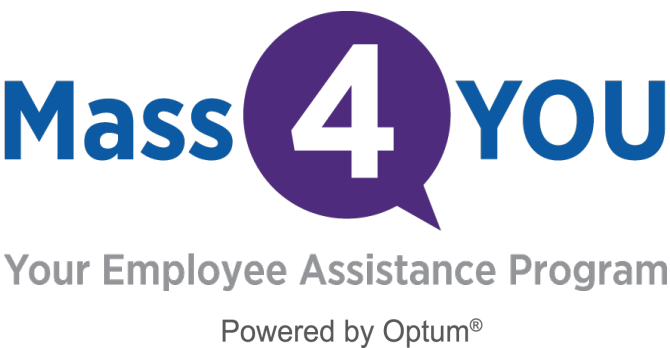


SUBJECT LINE:
Take time for your mental well-being

PREHEADER:
Get support for your mental well-being with Mass4YOU



May is Mental Health Awareness Month

Mind racing lately? Take a moment to find support

We get stuck worrying about a worst-case scenario. We keep replaying a conversation in our mind. Or we just can’t seem to make a decision. When we’re dealing with anxiety, it can be exhausting — and it can cause physical symptoms like headache and upset stomach too.

If you’ve been experiencing anxiety, there are ways to help manage it, such as positive self-talk, breathing techniques and challenging your thoughts. And whether you’re dealing with something small or big, your Mass4YOU employee assistance program can help.

Connect to Mass4YOU in 3 convenient ways



Call
1-844-263-1982



Visit
liveandworkwell.com
Use (access code **mass4you**)



Download the
Optum Assist
mobile app
Use (access code **mass4you**)



If you or someone you know has thoughts about suicide, seek help right away. To talk with a trained counselor, you can call the National Suicide Prevention Lifeline anytime at 1-800-273-TALK (1-800-273-8255). **If you or someone you know is in immediate danger, call 911 — or go to the closest emergency room.**

This service is provided at no additional cost as part of your benefits. All records are kept confidential in accordance with federal and state laws. Information provided by this service is for informational purposes only. All information and ideas should be discussed in detail with your individual advisor prior to implementation to determine if it is applicable to you.