

GIC Coordinators, please share the email below with employees in your agency.  
Thank you in advance.



## Overcoming stigma: your well-being is important

### World Mental Health Day is October 10

World Mental Health Day is held each year on October 10. The aim is to raise awareness of mental health issues around the world and mobilize efforts in support of mental health.

Your mental health is just as important as your physical health. Both are equally important to your overall health and wellness. Yet, stigma – or negative beliefs and attitudes – continues to keep many people with mental health concerns from getting help.

### What can I do to help my mental health and well-being?

There are a lot of proven ways to help nurture your mental and emotional health. Start by thinking of ways you can proactively manage stress, maintain optimism, and build resiliency.

- Avoid overcommitting yourself at work and in your personal life.
- Do things that help you release tension. Take time to relax, move your body, laugh, and participate in fun activities you enjoy.
- Make meaningful social connections with uplifting people and practice gratitude to help remember the good when times are tough.
- If you are experiencing a mental health concern, reach out for support and view resources via Mass4YOU, your employee assistance program.

## Looking for free support and well-being resources?

### Contact Mass4YOU Employee Assistance Program



Call  
**1-844-263-1982**



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



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



This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. Consult with your clinician for specific health care needs, treatment or medication. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and are subject to change. Coverage exclusions and limitations may apply.

© 2023 Optum, Inc. All rights reserved. WF9072675 305606-082023