



Take a Moment for Mental Health

Mental Health Awareness Month is observed annually in May to raise awareness about mental health issues, reduce stigma, and offer resources and support for mental well-being. At Inframark, we are committed to fostering a supportive environment where mental well-being is valued and prioritized. This newsletter aims to offer practical tips for managing stress, improving sleep, and how you can access mental health resources at Inframark.



Why Mental Health Matters

Mental health is essential to our overall well-being and impacts how we think, feel, and act. Recognizing and supporting mental health is crucial for a healthy and productive workplace.



Get Involved

Join us in promoting mental health awareness this May:

- Attend our live webinars on how mental health affects your physical health, how to get a good night's sleep, depression, anxiety and burnout; and coping with change
- Share resources and information with colleagues to spread awareness.
- Take advantage of Inframark's mental health resources to support your mental health

Let's work together to foster a supportive and mentally healthy workplace. Your well-being matters! For more information or support, please reach out to benefits@inframark.com.



Accessing Mental Health Support

If you or someone you know is struggling with mental health, remember that help is available. Below are the resources we have available for you through Inframark.

Teladoc Virtual Behavioral Health Services

This benefit is available for Aetna PPO enrolled Inframark employees and covered family members. In addition to supporting your physical health, you can also schedule a virtual visit with a licensed therapist or board-certified psychiatrist through Teladoc. Teladoc providers can diagnose, treat and prescribe for addictions, anxiety, depression, and more.

Appointment times for these services by Teladoc are available 24/7 by video.

How to Access: Call Teladoc at 855-835-2362 or go to www.teladoc.com/aetna

Health Advocate Understanding Your Employee Assistance Program (EAP)

The program is available to all Inframark employees and their immediate family members. The EAP is a free, confidential short-term, solution-focused program that provides in-the-moment, virtual support and face-to-face sessions support for a variety of issues, such as: relationship issues, family and parenting issues, depression and anxiety, substance abuse, grief and loss, or any life transition, such as having a baby and raising young children and/or teenagers.

How Many Sessions are Covered? Up to three sessions per issue per year per eligible family member.

To Access: Call Health Advocate at 855-424-6400, go to HealthAdvocate.com/Inframark, or download the **health advocate mobile app**.

Aetna Aetna Resources

Access mental well-being services from anywhere. Whatever you are facing, you have the same support for depression, anxiety, specialty treatment for children, suicide, substance and alcohol use concerns, chronic medical conditions, eating disorders and obsessive-compulsive disorder. Go to <https://tinyurl.com/s2zjuwdj>



Sign Up for Mental Health Webinars

Register for one or more webinars in May that focus on how mental health affects your physical health, how to get a good night's sleep, depression, anxiety and burnout and coping with change. Go to <https://tinyurl.com/bebalancedwebinar>



Stress Relief Tips

Stress relief is all about bringing peace and balance to your mind, body, and soul. Embark on your journey to tranquility with these tips:

Practice Mindfulness: Take a few minutes each day to focus on your breathing and be present in the moment.

Set Boundaries: Learn to say no when you feel overwhelmed and prioritize tasks.

Take Breaks: Regular short breaks can refresh your mind and improve productivity.

Exercise: Physical activity is a great way to reduce stress and boost mood.



Better Sleep Tips

Quality sleep is vital for mental health because it allows the brain to rest, recharge, and process emotions and experiences. Here are some tips for a more restful nights sleep and overall improved well-being:

Establish a Routine: Try to go to bed and wake up at the same time every day.

Create a Relaxing Bedtime Ritual: Engage in calming activities before bed, such as reading or meditating.

Limit Screen Time: Reduce exposure to screens (phones, computers) before bedtime.

Create a Comfortable Environment: Keep your bedroom cool, quiet, and dark for optimal sleep.



Reducing Mental Health Stigma

Understanding that mental health conditions are common and treatable helps break down barriers. We can create an accepting culture where employees feel safe discussing mental health concerns by actively trying to reduce mental health stigma.


- Foster open conversation
- Promote empathy
- Educate others
- Use respectful language
- Normalize seeking help
- Challenge stereotypes

Health Advocate Wellness Program Activities
Related to Mental Health

Want to receive a reward for participating in mental health activities? Check out the example of activities below that you can take advantage of for free, and earn points. Reminder by August 31, earn up to **450 points = \$450 in value.**

Earn 10 wellness points by completing tiles on Inframark's mental health resources. Go to <https://tinyurl.com/mv74d9wm>

Activity	Points/Max.
Health Trackers	1/120
Personal Guided Pathways	50/100
Coaching (3 sessions)	60
Workshops	25/50
Personal Challenges	10/50
Register for Teladoc	20
Connect with a Health Advocate Employee Assistance Professional (EAP)	10/20



Scan to download the Health Advocate app or go to healthadvocate.com/Inframark



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Access more Mental Health Resources at
myinframarkbenefits.com/be-balanced

BE BALANCED

A HEALTHIER YOU.

Supports you in caring for your emotional & mental well-being.



Know that the EAP is available whenever you need support. Available 24/7, just call 855-424-6400.

