

Mind your mental health— it matters



Resources available to you and your family

At HIMSS, we recognize that mental health is important every month of the year. This year, take the opportunity to either begin or reinvent your own mental health journey.

The first step can be the hardest, which is why HIMSS makes it easy for you to reach out to the Employee Assistance Program (EAP) for help to realize your full health potential. The EAP is a 24/7 confidential resource for you to address an expansive list of challenges and concerns, including:

- Life Assistance Program: work/life issues, financial stress, legal issues, etc.
- GuidanceResources: health/wellness, relationships, investments, home/auto, etc.
- Well-being Coaching: physical challenges, burnout, time management, etc.
- FamilySource: family care services, family counseling, childcare, adoption, etc.

This month also is a good time to support the mental health journey of your family members so they can realize their full health potential, too. It could be as effortless as sharing with them how to connect with and use the EAP.

Call Employee Assistance and Wellness Support 24/7 at **800.344.9752** or visit **guidanceresources.com** with the company ID: NYLGBS.

Things to consider:

1. Schedule an appointment with the HIMSS EAP at **800.344.9752** or by visiting **guidanceresources.com**.
2. Enroll in our textline.
3. Be in the know with **HIMSSTotalRewards.com** textline; text himssrewards to **855.930.4899** to enroll.