

Psychological Health & Wellness Resources for You and Your Family

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Your psychological health is just as important as your physical health, so take some time to learn more about these resources and how to access them – and don't hesitate to seek help when needed!



Share Your Story!

One of the most impactful ways you can inspire others to talk about mental health is to share your own experience!

Visit <https://www.surveymonkey.com/r/ShareYourStoryMosaic> or scan this QR code to submit your story to the psychological wellness steering committee. You can submit your story anonymously, or if you prefer, you can share your name and contact information so we may contact you to learn more. The committee will compile stories to use in future communications.



Thank you for helping to create a psychological healthy community.

Resources

Lyra Health – Employee Assistance Program

Lyra is a free, confidential program to help you and your family members through life’s everyday challenges and through difficult times. Find care how, when, and where you need it!

▶ **Guided self-care with a coach.**

Get a care plan crafted by your Lyra coach and learn new mental health strategies at your own pace.

▶ **Mental health coaching.**

Get to the root of your challenges with effective care from a mental health coach via video or live messaging.

▶ **In-person & video therapy.**

Meet with a counselor or therapist for family counseling or diagnosis and treatment of mental health conditions like depression, PTSD, and more.

▶ **Mental wellness tools.**

Tap into self-led wellness tools anytime, anywhere.

▶ **Work and life solutions.**

Experts beyond mental health are available to refer you to child, elder, and pet care services. You can also get access to legal and financial consultants, as well as identity theft support.

Website: mosaic.lyrahealth.com **Phone:** 844-477-5174

Lyra is for everyone

Lyra offers compassionate and confidential mental health support, at no cost to you!

Lyra can be used for...

- Parent and caregiver stress
- Stress and burnout
- Grief and loss
- Anxiety and depression
- Anger management
- Relationship challenges
- And more!



Cigna

Challenges to mental health come in many forms, and so do the ways we can work through them. Whether you need help reducing stress, are feeling motivated to make a change in your life, or need to talk to someone, Cigna offers a variety of behavioral support tools and services to help ensure you get the support that works best for you.

Please reach out to Cigna if you are looking for services covered by the Cigna health plan. Cigna can guide you to network providers and support you with finding the care you need.

Website: myCigna.com **Phone:** 800-244-6224

Virgin Pulse

Build healthy habits, have fun competing with coworkers, and earn financial rewards during your path to better wellbeing with the Virgin Pulse wellness platform.

Virgin Pulse offers RethinkCare, an activity-based, online learning system to help reduce stress, increase resilience and improve mental wellness through a series of self-paced, on-demand mini-courses. Topics include mindfulness, emotional intelligence, and yoga.

Website: virginpulse.com/login **Phone:** 888-671-9395

Lifespeak

Lifespeak is an educational platform that includes videos, podcasts, action plans, and ‘Ask the Expert’ sessions. Topics include psychological and physical health, personal growth, relationships, children’s health and elder care. Information is accessible anytime and anywhere.

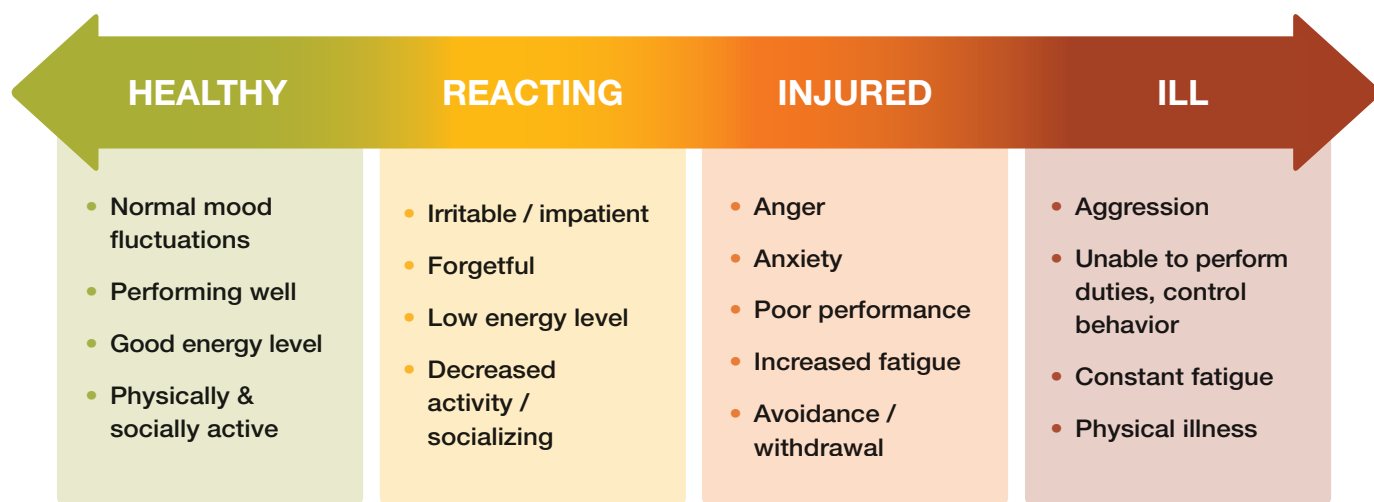
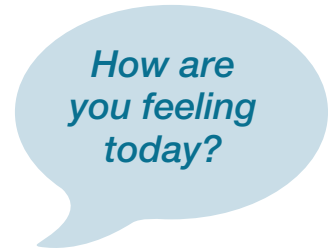
Website: mosaic.lifespeak.com **Access ID:** lifespeak

Protect Your Psychological Health

Your psychological health is your ability to think, feel, and behave in a manner that allows you to perform effectively in your work environment, in your personal life, and in society. Just like physical health, psychological health exists on a spectrum – from mild psychological strains to severe psychological disorders. And similarly, it is important to proactively address any concerns that create potential threats to your psychological health and/or safety.

Psychological Health Continuum

The below model developed by The Mental Health Commission of Canada has been adopted by Mosaic. You can use the tool to assess your psychological health, and seek help when needed. For more information regarding the use of this tool and to perform a 'self-check' please visit <https://theworkingmind.ca/continuum-self-check>.



Creating a Healthy Community

Mosaic is committed to empowering and enabling our employees and their families to better support their wellness. This psychological health and workplace connection is important not only for providing support to those diagnosed with mental health illnesses, but also for improving the psychological health of our community as a whole.

To help create a psychologically healthy and safe community, you can:



Lead

by talking positively and openly about the importance of psychological wellness.



Know

how to access psychological wellness resources.



Respect

confidentiality of others in need.



Support

yourself and others. If you need help, reach out and encourage others to do the same.

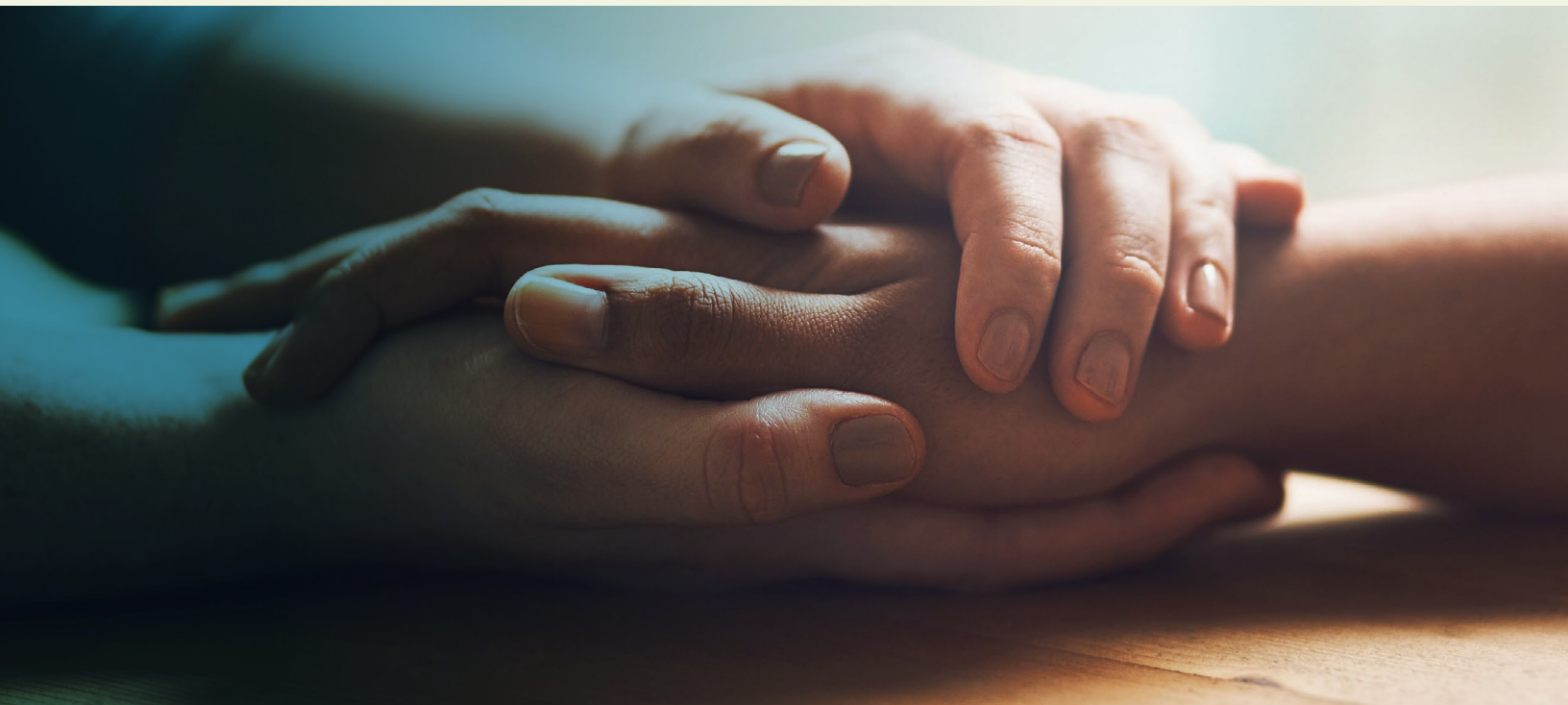
Are you in crisis?

Help is always just a phone call away. Call Lyra at 844-477-5174 for crisis services (available 24 hours a day, seven days a week).

Use this card to keep the psychological health continuum and Lyra's contact information handy.



We are dedicated to providing a safe and healthy workplace, and we will do our best to provide resources to help you overcome barriers to your psychological wellbeing, both at home and at work.



About This Guide

This is only intended to provide an overview of The Mosaic Company benefit plans offered to US eligible employees and does not constitute a guarantee of benefits or continued employment. Complete details about the plans will be included in the summary plan descriptions and plan documents. If there are any inconsistencies between this supplement and the plan documents, the plan documents will govern. Certificates of coverage are available at benefits.mosaicco.com. Mosaic reserves the right to change or end the benefit plans at any time. The Mosaic Company Comprehensive Welfare Benefit Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.