



MENTAL HEALTH AWARENESS MONTH

May is Mental Health Awareness Month and we want to assure you feel supported and encouraged to mind your mental health. If you're struggling reach out for care. If a loved one or someone you know is suffering, be willing to listen, understand and leverage your LIIVEWell tools and resources to help. Remember, you have 16 hours of Wellness Days (*salaried employees) to use to care for your mental health.



EAP THROUGH MAGELLAN HEALTH

Lennox EAP provides a variety of benefits for you and your family. You can receive confidential emotional management support for grief, stress or depression, finances, life coaching, and conflict management. You and your dependents can receive 5 sessions with an in-person counselor or virtual counselor. Counselors are available by text or chat through Better Help!



FINANCIAL WELLNESS

Through Fidelity, you can access quizzes, tools, resources, and podcasts to learn how to create a plan to manage your money. Having a financial plan can help you have a greater sense of control and wellbeing.



CALM

Everyone cares for their emotional and mental health differently. Calm offers something for everyone. There is music, sleep stories for kids and adults, practical tips and strategies. If you have not downloaded the Calm app, do it today. Plus you can add up to 5 dependents!



ACTIVE AND FIT DIRECT

Movement can help to reduce stress, improve self efficacy, confidence, improve sleep and improve the ability to be more present. Create a free Active and Fit Direct account, to access to 200 online workouts! Get gym memberships to local gyms starting at \$28 a month! Go to [TheLIINK](#)> [PeopleSource](#)> [Benefit Source](#)> [Specials](#) to access the Active and Fit Lennox page.



DOCTOR ON DEMAND

BY INCLUDED HEALTH

Doctor on Demand by Included Health provides 24/7 access to mental health visits with a Doctor on Demand psychologist or psychiatrist. Pay \$30 for each visit.



VOLUNTEER PORTAL

Lennox supports the communities where we live and work. Giving back enhances your overall wellbeing. You can claim up to 8 hours every year towards volunteering! Learn more about the Volunteer Benefit! (*For salaried employees).