



MENTAL HEALTH AWARENESS

Mental Health Awareness Month

Greetings, IntegrITS Family! Did you know that May is Mental Health Awareness Month? We thought it appropriate to pause our usual Team Spotlight and highlight something that is incredibly important to us: your wellbeing. Your mental health plays a huge role in this, so in today's Digest, we are sharing 4 resources available to you through our IntegrITS benefits that address improving and maintaining one's mental health. Important note: to access many of the links included in this article, you will need to be signed into the [Insperity Portal](#) and the [Optum website](#).



Counseling Sessions

Access no-cost counseling sessions through the Insperity Employee Assistance Program (EAP). This benefit allows for three no-cost sessions with a behavioral health counselor. [Click here](#) to learn more about scheduling your first session!

AbleTo

WHAT YOU'LL GET:

Daily mood tracking

Answer daily questions to record your mood, habits and sleep. You can identify patterns and assess your progress.

Mental health tools

Tap into tools created by clinicians and suggested specifically for you. Get help strengthening resilience and learn relaxation methods for moments when you need them.

Collections

Build long-term life skills with curated tools, techniques and resources on topics that matter most to you. From work-life balance to sleep concerns, and much more.

Personalized activities

Get help creating your self-guided journey to better mental health. Track your progress, set goals and make strides through weekly check-ins.

Self-Care by AbleTo

[Self-Care by AbleTo](#) guides you through tools and techniques to help boost your mood—and you do it all at your own pace. This tool is available to us through our benefits, at no extra cost.



Cariloop

Many of us have caregiver responsibilities that play a central role in our lives. How we navigate these responsibilities can significantly impact our mental health. If you are a caregiver for children, elderly parents, and family members or friends who are disabled or ill, [Cariloop](#) is a benefit that might be helpful to you. Cariloop Care Coaches can assist with:

- a. Health and medical support
- b. Family and emotional support
- c. Insurance, financial, and legal support
- d. Education support



Crisis Support

If you are facing a crisis in your life, please know that there are dedicated resources available to you through our benefits. Optum, our EAP service provider, has a number of resources related to crisis support on their website. They also have a 24/7 confidential hotline where a representative will help you find crisis support resources through our benefits. [Click here](#) to learn more.

Mental health is a topic that can sometimes feel like taboo. However, we want you to know that we care about your wellbeing, and your mental health isn't something you have to hide. If you have any questions about the resources above, or any other mental health support our benefits provide, please feel free to email Human Resources at villarreal_laura@integrits.com.



Tip of the Week

While we are on the topic of wellbeing, don't forget that the Insperity MarketPlace has a page dedicated to discounts related to health and wellbeing. [Click here](#) to learn more.



The IntegrITS Suggestion Box

We have created a space online where you can submit feedback, questions, or any other insight you have. Suggestion box entries are submitted anonymously, however, if you would like our Team to reach out to you individually, you can include your name and contact information. [Click here to visit The IntegrITS Suggestion Box.](#)



Coming Soon

Join us in a couple weeks for another 5th Thursday Check In!

Employee Referral Bonus Program

At the end of each quarter, everyone who refers a prospective employee who makes it to the interview process will be entered into a raffle for a \$500 gift card. We will select two winners from this pool of contestants—meaning two people have the chance to win a \$500 gift card each quarter! Furthermore, we will enter all employees who refer a job applicant into another raffle (regardless of the stage they make it to in the hiring process), with the winner receiving a \$250 gift card.

We have a number of job openings across multiple IntegrITS locations ([IntegrITS Opportunity Central](#)). Let's work together to find the best candidates for these open positions!

Comments / Questions

If you have any comments or questions about this week's newsletter, email us at news@integrits.com.

We have also created a website where we are storing the archives of all our newsletters to date:
<https://integrits.com/digest-archives/>.



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