

UNDER THE HAT MONTHLY UPDATE

Get wellness delivered to your inbox. Your monthly dose of mental health support for you, your family and anybody living in your household.

WHAT'S INSIDE THE MONTHLY UPDATE?

- **Stay informed:** Be the first to know about program updates/additions from our mental health support partners.
- **Wellness topics:** Each month, we'll dive into a new area of mental well-being.
- **Articles and toolbox talks:** Receive valuable guidance from professionals on a variety of topics.
- **Webinars and other training:** Discover workshops that teach skills and best practices to support your well-being.

Employee Assistance Program (EAP) providers vary from country-to-country and individual benefits packages. Please read the EAP eligibility statements noted within the materials under your country.

For a breakdown of what's available to you and your family visit underthehat.com



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THE MAILING LIST**

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