

MENTAL HEALTH RESOURCES

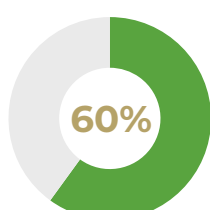
Be Kind to Your Mind



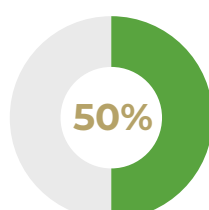
Mental health is a key part of your overall wellness.

Like physical health, your mental state can shift throughout your life from poor to positive and even to excellent, depending on your personal experiences and how you manage the stressors you face. While the world has gone through significant changes recently, what hasn't changed is our commitment to your mental health and emotional well-being.

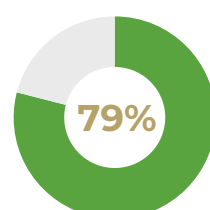
Your Mental Health, At Work and Elsewhere



60% of employees feel like they can't talk at work about how major U.S./world events are affecting their mental health.



50% of employees worry about the cost of getting mental health support.



79% of employees believe if mental health is prioritized, they can avoid severe conditions and clinical care.

Source: *Shifting Tides: A Report on the Changing Attitudes About Mental Health Care and the Workplace* by Modern Health and Forrester Consulting, September 2021

Checking in on Your Mental Health



Healthy

- Mood generally stable
- 7 - 8 hours of uninterrupted sleep
- Consistent work performance

Self-Care and Social Support



Coping

- Nervousness, irritability, sadness
- Trouble sleeping
- Tired/low energy
- Decreased social activity



Struggling

- Persistent anxiety, anger, sadness or hopelessness
- Disturbed sleep
- Decreased work performance
- Social avoidance

Professional Care and Help



Unwell

- Excessive anxiety or depression
- Inability to sleep
- Exhaustion
- Absence from work
- Social isolation

Sibanye-Stillwater Benefits Program

The Sibanye-Stillwater Benefits Program gives you access to an array of programs, tools and resources to support your mental health and well-being.



For a Healthy Life!

Employee Assistance Program (EAP)



- Confidential counseling, work/life services, wellness coaching and referral services
- Available 24/7 to you and your household family members at **NO COST**
- Counseling sessions are available face-to-face, over the phone or through text/online messaging
- Includes **FREE ACCESS** to the eM Life Mindfulness app for self-paced mental wellness programs and more

(800) 873-7138

MinesandAssociates.com

Username: **stillwater**
Password: **employee**



Medical Plan Mental Health Coverage



- Mental health and substance use disorder care coverage on all medical plans (deductible may apply)
- Prescription coverage for approved mental health medications
- Access to advocate and care management programs
- Your PCP or Care Manager will help with referrals to in-network mental health and substance use disorder providers

(855) 999-1521

AskAllegiance.com/smc

Sibanye-Stillwater
HEALTH PARTNERS



Telehealth Mental Health Services



- Speak with a therapist or psychiatrist from the comfort of your home
- **NO COST** for telehealth visits
- Help with anxiety, depression, stress and more

(844) 733-3627

Ascendant.Amwell.com

Service key: **SSMC**



Other Programs, Tools and Resources



For Everyone

[Calm Meditation App](#)
[eM Life Mindfulness Tool](#)



For Men

[Man Therapy](#)
[#ItsOKMan Online Support Group](#)



For Women

[Mental Health Resources](#)
[Mother.ly](#)



For Adolescents & Teens

[Help for Anxious Children](#)
[Seize the Awkward](#)
[Mental Health is Health](#)
[Born This Way Foundation](#)
[Not OK Suicide Prevention App](#)
[Please Stay Suicide Prevention Campaign](#)



For Parents, Caregivers & Families

[MINES EAP Parenting Made Joyful Coaching](#)
[Family Mental Health Resources](#)
[NAMI Family Support Groups](#)
[Tips for Managing Caregiver Stress](#)
[Family Caregiver Alliance](#)
[Child Mind Institute](#)



Questions on your benefits?

Contact Human Resources at (406) 322-8930 or email ColHRFrontDesk@sibanyestillwater.com. You can also visit Sibanye-Stillwater's Family Website at stillwaterfamily.org.