

# Rate your mental state

1

Never been better

2

Feeling good

3

A little stressed

4

Anxious or depressed

5

In crisis

Your mental health matters. Regularly checking in on your mental health can be an effective way to keep small problems from turning into larger sources of stress. Take some time to **review your mental health** by asking yourself these three questions:

- **What's my overall stress level?**
- **Am I feeling overloaded, anxious, or disconnected?**
- **Do I feel ready to tackle today's challenges?**

As you answer these questions, rate your mental health on a scale of 1 to 5. Then, see below for steps you may want to take to give your mental well-being a boost. BAE Systems provides benefits and resources to support you no matter how you rate your mental state.



If you or someone you know is struggling or having suicidal thoughts, reach out and encourage them to get help. For immediate crisis help, call the Suicide and Crisis Lifeline at **988**.

## 1 Never been better

**Keep up the great work!** Even better, your positive outlook can help those around you. Be sure to stay focused on getting enough sleep, eating healthy, and staying active with friends and family.

### Benefits and resources to help:

- Download **Happify**, a fun, free, quick, and easy app that can help you keep your smile.
- Try something new! Check out our discounts on **Beneplace** for gym memberships, healthy meal kits, technology items, vacation packages, and more.

## 2 Feeling good

**Glad to hear it!** Be mindful that while things are going well, you may still experience some ups and downs. If the downs start to outweigh the ups, it may be time to recharge and reinvest in yourself.

### Benefits and resources to help:

- Check out **Confide Behavioral Health Navigator<sup>SM</sup> / EAP** or a **Cigna wellness webcast** to take advantage of on-demand behavioral awareness and wellness seminars.
- Visit the **Resilience Hub** for some ideas and resources to focus on ways to feel even better, whether it's physical, financial, emotional, or your mental well-being.

## 3 A little stressed

**Work. Family. Financial demands. Caring for loved ones.** When life's responsibilities become unrelenting, it may be time to step back, reassess priorities, find some help, and regain control.

### Benefits and resources to help:

- Try **Talkspace**, a free and confidential text, talk, and video-based service connecting you with a licensed therapist matched to your needs, available anytime, anywhere.
- Reach out to one of our **ABLE Advocates**, our BAE Systems colleagues who have been trained to provide confidential support for many of the same situations you're facing.

## 4 Anxious or depressed

**There's a difference between manageable stress and anxiety or depression.** If you feel that you are struggling to overcome some serious hurdles, please seek help from a trained professional.

### Benefits and resources to help:

- Access our **Confide/EAP** free tools, resources, and self-guided programs, or schedule one of your eight free appointments with a counselor to help you reduce stress and build resilience.
- Connect with **iPrevail** through Confide/EAP for personalized, online mental health support 24/7.

## 5 In crisis

### Feeling lost or alone? Worried that a colleague or a family member is in distress?

Getting help is not a sign of weakness; it's actually the most powerful and courageous thing you can do. Support is available around the clock, no matter where you are. Call the Suicide and Crisis Lifeline 24/7 at **988**.