

Just in time for Mental Health Week – new plan member resources are available!

May 2 – 6 is Mental Health Week! As part of Sun Life's commitment to supporting an integrated approach to health, the following one-page information sheets have been designed to support employee mental health, while also considering health from a holistic approach. These one-pagers were created with the support of Dr. Marie-Hélène Pelletier, AVP, Workplace Mental Health and are based on her thought-leadership [initiatives](#), including industry presentations and Mental Health Bright Papers.

- [Building resilience: Bringing your best to your personal and professional life](#)
- [Support the mental health of millennials in the workplace](#)
- [Focusing on 5 powerful connections between healthy lifestyle choices and good mental health](#)

Feel free to share these with your employees! For future versions of these resources, contact your group benefits representative to make sure you have the latest updates available.

Questions?

Contact your Sun Life Financial group benefits representative.