

April 3, 2020

## Helping plan members boost their mental wellness during this time

We know that these are challenging times. We encourage you to watch our recorded webinar [We're all in this together: boosting our mental wellness](#) and share it with plan members. Our Director, Mental Health Solutions and Registered Psychologist, Carmen Bellows, will guide you through possible ways to care for your mental wellness as we face extraordinary times together.

Learn how to:

- Get ahead of the stress curve.
- Practice positive social distancing.
- Find the mental wellness tools and resources available for you.

Your health and the health of plan members is a top priority. We're all in this together.

### Questions? We're here to help

Please check our Group Benefits [COVID-19](#) website daily for updates.

If you have questions about our response to COVID-19, please don't hesitate to call your Client Service Administrator at 1-877-786-7227.