

let's talk about mental health



1 in 2

people in the world are at risk of developing a mental health disorder, including depression and anxiety, by age 75. **These conditions can be further exacerbated by stress related to navigating common life challenges**—including fertility and family-building, parenting, caregiving, and aging—all while balancing demanding work responsibilities.

mental health

fast facts

Mental health encompasses our emotions, thoughts and mental well-being, so it comes as no surprise that **the challenges we encounter throughout life can have a direct impact on our mental health.**

Women diagnosed with infertility, for instance, can experience stress levels that are equivalent to the stress of those diagnosed with cancer, AIDS, or heart disease. **Yet, many struggle silently, especially at work.**

While family-building remains a significant concern for both men and women in the workforce, there are additional stresses that can challenge our mental well-being. These include the need for support after giving birth, childcare, caring for aging parents or other relatives, and the symptoms and health issues which arise with menopause and andropause.

you are not alone.

36%

of US workers
experience symptoms
related to depression
or anxiety on any
given day

73%

of Millennial moms
hide their stress from
their families

66%

of working parents
meet the criteria for
parental burnout

your support system

WIN takes a compassionate and personalized approach to mental health. Our Behavioral Health Care Advocates are licensed clinical social workers who will help you identify challenges and establish healthy routines to reduce stress and anxiety, supporting your goals and overall well-being.



"Taking care of yourself should be at the top of your priority list. Nurture yourself, have compassion for yourself—just as you would for a friend going through an emotionally challenging time."

Alyssa Baron, LCSW - WIN Behavioral Health Care Advocate

mental health

support checklist

Mental health can be relevant to anyone. Even if you're not struggling with mental health yourself, you may have a loved one who is. This checklist can help you help them.



Tell them you're worried

This might be a good way to open up a conversation. It also shows you care about that person and have time for them.



Reassure them

The first time someone mentions their worries is a big step. It's good to recognize this and reassure them. Let them know you're there to listen when they need to talk.



Offer your time to listen

Listening is an important skill. Ask open questions that start with "how", "what", "where" or "when". This can help people open up.



Do not force it

Do not force someone to talk to you or get help, as it might make them feel uncomfortable. Gently explore their reasons and listen without judgement.



Offer practical help

Little acts of kindness - like offering to do the shopping or helping with childcare - can make a big impact. Find out what works for them.



Look after yourself

It can be upsetting to hear someone you care about is in distress. Be kind to yourself and take some time to relax or do something you enjoy.

need on-demand support?

From late night questions to expert behavioral health support, our **Nurse Care Advocates are available 24/7** through the WINFamily App to help you navigate your journey.



Clinical guidance is a tap away.

Scan to download the WINFamily App and create your account using your company name.

