

DID YOU KNOW... SEPTEMBER IS SUICIDE PREVENTION MONTH

What is National Suicide Prevention Month?

Every September, organizations like the National Alliance on Mental Illness (NAMI), the Substance Abuse and Mental Health Services Administration (SAMHSA), and many others observe National Suicide Prevention Month. The goal of National Suicide Prevention Month is to raise awareness and reduce the stigma surrounding mental health. Participants are encouraged to learn how to access mental health resources, have open discussions, seek help, and recognize warning signs.

If you or a loved one are struggling with your mental health and need immediate emotional support, please contact the National Suicide and Crisis Lifeline by calling or texting 988.

Emotional Wellness Tips

Taking care of your emotional wellness can help you to manage stress, build resilience, stay connected, and recognize when you or someone else may need support. See below for some tips from the National Institute on Health (NIH) that can help you improve different aspects of your emotional wellness:

- **Build Resilience:** Develop healthy physical habits (e.g., eating healthy and exercising), take time for yourself each day, and practice gratitude.
- **Reduce Stress:** Get enough sleep, exercise regularly, and set priorities.
- **Be Mindful:** Go on a relaxing walk, practice deep breathing exercises, and explore mindfulness resources (e.g., online programs or teacher-guided practices).
- **Strengthen Social Connections:** Get active and share good habits with your family and friends, take a class to learn something new, and travel to different places and meet new people.
- **Get Quality Sleep:** Go to bed at the same time each night, limit the use of electronics before bed, and don't take naps after mid-afternoon.
- **Navigate Grief:** Allow yourself to feel your feelings, honor your loved ones who have passed, and seek support from friends or family.

Available Resources Through Springpoint

Springpoint employees have access to various resources that can improve emotional wellness and overall mental health:

- **Aetna Medical Plan:** Employees enrolled in the Aetna Medical Plan have coverage for mental health services. Review your plan documents to see what coverage is available for various mental health services.
- **NEW! Rula:** Effective 9/1/2026, all employees can use Rula as a tool to find an in-network therapist that is covered by their insurance and meets any individual preferences. To access Rula, click [HERE](#) to visit their website.
- **Aetna Healthy Lifestyle Wellness Coaching:** Employees enrolled in the Aetna Medical Plan can meet one-on-one with a Wellness Coach at NO cost to learn how to manage stress, build resilience, and foster healthy habits. Call [855.217.9304](#) to get started.
- **CVS Health Virtual Mental Health Care:** Employees enrolled in the Aetna Medical Plan can utilize CVS Health Virtual Care to speak with board-certified, licensed therapists. To get started, call [1.877.993.4321](#).
- **Brightline:** Springpoint employees who live in New Jersey and are enrolled in the Aetna Medical Plan can access virtual behavioral health support for their children between the ages of 18 months to 18 years and their caregivers. Click [HERE](#) to get started.
- **Resources for Living EAP:** All Springpoint employees have access to the Resources for Living Employee Assistance Program. Springpoint employees and members of their household are entitled to 7 counseling sessions with a trained counselor per year at no cost. To access EAP services, call [866.252.4468](#) or visit [resourcesforliving.com](#) and log in with:
 - Username: **Springpoint**
 - Access Code: **EAP**