

SEPTEMBER 2024

**Resources to support your  
wellbeing · benefits · finances**

Each month, we provide you with helpful tools and information designed to support your **wellbeing**, understand your **benefits**, and manage your **finances**.

## This month's topics:

### SUPPORT YOUR WELLBEING

#### **Suicide prevention & awareness**

4 things to know

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#### **Stay grounded [part 3]**

How to maintain a support system in a digital world

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### UNDERSTAND YOUR BENEFITS

#### **Mental health resources**

5 ways to care for your mental health

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#### **Care for all [part 3]**

Selecting a medical plan: what to know about the different types

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### MANAGE YOUR FINANCES

#### **Planning to retire [part 3]**

Creating a reliable retirement income stream

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#### **Planning to retire [part 4]**

The emotions of retirement

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Looking for more information on a specific topic?

[Request a topic](#)