

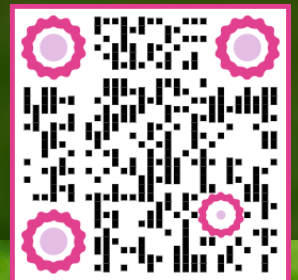


# LET'S BE THERE FOR EACH OTHER.

## **It's Mental Health Awareness Month.**

This May, make a point to reach out to your colleagues. Moments of connection can make a world of difference for our mental and emotional health. And if you (or someone you know) could use extra support, you can access resources like confidential online screenings and professional counselors at no charge.

**We're Here for You** - Learn more about support for your mind and mood at [myumi.ch/uhr-mental-health](https://myumi.ch/uhr-mental-health)



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