

## Keeping a finger on the pulse of your total wellbeing



### Supporting others through life's challenges

Whether a significant loss, a mental health concern or a physical health issue, it's natural to want to help and support those around you. Discover ways to be supportive of others, while respecting your limits.



#### Supporting a loved one with a chronic condition

Studies reveal that people who have chronic conditions adjust better when they have a network of people behind them. It is possible to help your family member and meet your needs too.

[Read more](#)



#### What to say when a friend or loved one loses a pregnancy

It can be difficult for friends and relatives to know how best to be sensitive to a loss and be supportive. Here are some suggestions on how to show support.

[Read more](#)

### Exclusive for Registered Users



#### When someone you love is diagnosed with a terminal illness

[Access at Support & Resources](#)

### Top Pick of the Month

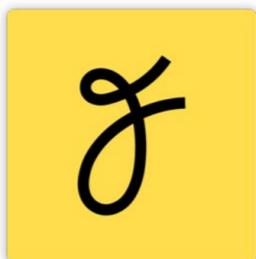


#### The value of online communities for mental health support

[Access at Support & Resources](#)

### Big brands, huge savings with Perks

Enjoy exclusive offers on brands that support your wellbeing like Cavendish Online, Farewill, Vision Express and many more.



[Access offers](#)

Your organization's program may not include Perks. If unable to access, review your workplace benefits or speak to your Human Resources contact.



### More to explore this month

- Check out our [CareNow Programmes](#), a collection of comprehensive iCBT-based, virtual self-paced programmes to help address wellbeing concerns.

**We support your total wellbeing. We're here 24/7 for confidential advice and support by app, web, and phone.**

Your organisation's programme may not include all services and features. To learn more, please log in with your account and review your workplace benefits. Or speak to your Human Resources contact.