



The 10th of October is World Mental Health Day.

Visit our new [microsite](#) to learn about nurturing mental wellness and cultivating compassion in the workplace.

Beyond sadness.

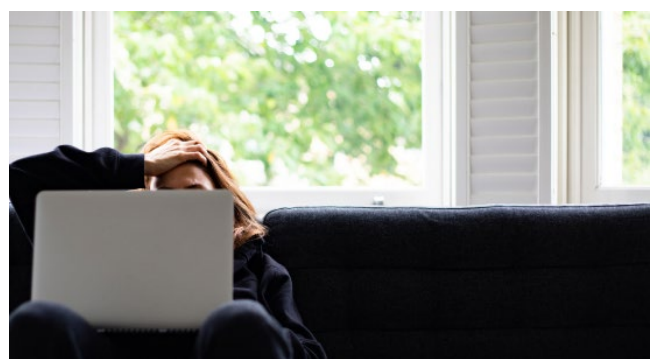
In this month's newsletter, we are highlighting depression — one of the most common mental health concerns. Sadness is a natural human emotion brought on by life's challenges or sorrowful events. But when the feelings persist, you may be experiencing depression. If it's constant or overwhelming, it may be time to ask for help.



Are you struggling with depression?

Everyone occasionally feels sad or down, but these feelings usually pass. However, when a person is experiencing depression, the condition interferes with daily life.

[Read more](#)

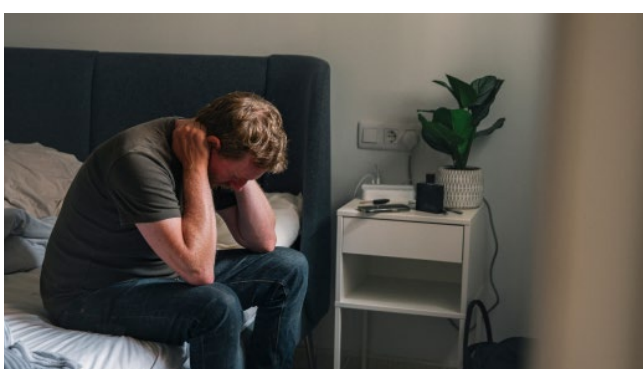


Assessing if you are depressed.

Recognising the signs of depression is a good first step; the next step is finding a solution.

[Read more](#)

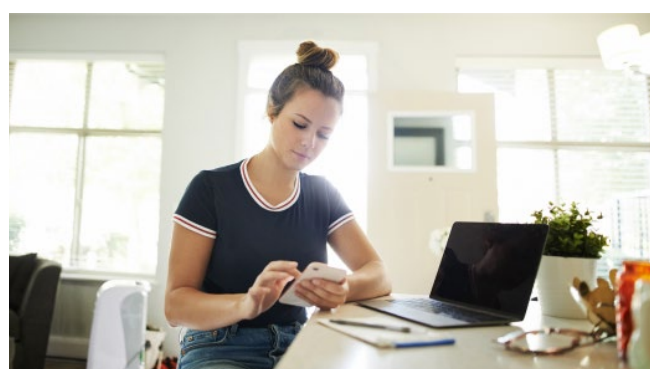
Exclusive for registered users.



Do you have symptoms of depression?

[Log in to access](#)

Top pick of the month.



Making a referral to the assistance program.

[Log in to access](#)



More to explore this month.

- Explore the **Wellbeing** section of the app and feel supported while discovering your current state of health through one of our assessments, challenges, or programs.
- Check out our **Wellbeing and Personal Development Videos** packed with information and advice to lead you towards a healthier mind, body and lifestyle.

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

Your organisation's program 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.