

Momentum

Join our live webinar, *Best practices for supporting others,* on Wednesday, November 4, 2026, at 1 p.m. CT to learn practical strategies for listening to and being there for others. Scan the QR code to register now.

Support without stigma

Reaching out for support during challenging times is a sign of strength, not weakness. Still, some find it difficult to ask for help. Through understanding, empathy and open conversations, we can help others feel more comfortable about speaking up and remind them that they don't have to face challenges alone.

- **Talk openly and respectfully** about mental health.
- **Listen without judgment** when someone shares their experiences.
- **Learn about available resources** and encourage others to use them.
- **Respect privacy and avoid making assumptions** about what someone may be going through.
- **Use supportive language** that promotes understanding rather than blame or shame.
- **Set a good example** by taking care of your own wellbeing and asking for help when needed.
- **Practice kindness and compassion,** recognizing that some challenges may not be visible.



Legal services*

Balancing daily life with your professional responsibilities isn't always easy, especially when legal issues arise. Through the legal services provided by your program, you can get one free 60-minute consultation per issue per year, by phone or in person, with a local attorney. Visit the Legal Services page on your member website to learn about all available benefits.

**If available through your program.*

Contact your Employee Assistance Program at 1-866-580-9046 (TTY 711) or go online to Member.MagellanHealthcare.com for confidential, no cost help available 24/7/365 for you and your household members.

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National Family Caregivers Month

Each November, National Family Caregivers Month shines a light on the millions of people who provide care and support to those facing illness, disability or age-related challenges. While caregiving can be rewarding, too often, caregivers feel pressure to handle everything alone. Reducing the stigma around caregiver stress and asking for help can encourage more people to access the care and resources they need.

What you can do:

- **Thank a caregiver** for all they do.
- **Check in** with caregivers regularly.
- **Encourage open conversations** about caregiver wellbeing.
- **Offer practical help,** such as with errands or transportation.
- If you're a caregiver, **prioritize self-care and seek support** when needed.

Acknowledging the important contributions of family caregivers creates a more compassionate, stigma-free environment for those who care for others.

Working on community wellbeing

Building a healthier, more supportive community starts with understanding that everyone faces challenges at different times in life.

When we build understanding, encourage open conversations and connect people with resources, we create an environment where individuals feel empowered to seek support.

By looking out for one another and responding with compassion, we can strengthen community wellbeing and ensure that no one feels they have to get through difficult times alone.

Financial wellbeing webinars

Estate planning: Financial basics

November 10. Register here: 11:00 a.m. CT | 2:00 p.m. CT

Many people put off estate planning until it's too late. We'll provide practical tips for creating a plan that reflects your values and goals. We'll also review various financial factors and tools that can help protect your assets and ensure your wishes are carried out, such as wills, trusts, powers of attorney and healthcare directives. Join us to learn how you can start securing your legacy today.

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