



Outlook

Let's make Mental Health a priority!

From CogHydComms(Cognizant) <CogHydComms@cognizant.com>

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**Let's make Mental Health a priority!**

Dear associates,

As we commemorate the **World Mental Health Day**, observed on October 10 every year, we're happy to share with you the resources and tips you can use to maintain a positive mental health.

Use these resources to maintain your mental health

Make use of the below mentioned tools offered to associates for mental well-being:

1. [Employee Assistance Program \(EAP\)](#) - the program offers free, confidential counseling, resources and information to help associates and their families navigate through challenges.
2. BeWell sessions on Mental Health: Register for the upcoming BeWell sessions below:

Date	Session title	Registration link
October 12, 2023	Healthy Mind Toolkit - Boosting Your Mental Health: Session #1	Register Here
October 24, 2023	Mental Health Awareness in the Workplace	Register Here

Tips on maintaining a positive mental health:

- **Prioritize Mental Health:** through regular exercise, disciplined eating, proper sleep, etc.
- **Educate yourself:** Learn about mental health conditions, their signs and the support available
- **Support each other:** Listen to one another, extend kindness and help those in need

Let's promote positive mental health practices in our workplace and beyond.

Warm regards,

Cognizant Hyderabad Communications team

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