

GROWING WELLNESS



Your Mental Health Benefits

Mastronardi encourages all employees and their families to take advantage of the mental health benefits offered by our plans.

Virtual Mental Health counseling through First Stop Health is free for all employees and up to 7 immediate family members. Use these benefits as often as you need at no charge!

Reach out to your Assistance Program for short-term counseling, financial coaching, caregiving referrals and a wide range of well-being benefits to reduce stress, improve mental health and make life easier.



Live Well, Work Well

The May edition of Live Well, Work Well is here to help you boost your mental health, refresh your mind, and remove processed foods! Use these tips to reset and start feeling to benefits of these changes this Spring.

National Monthly Awareness

May is National Mental Health Awareness Month. Our mental health impacts the way we think, act, and feel. Talk to people you trust about how you are feeling, speak to a medical professional, or visit the [National Alliance on Mental Illness \(NAMI\)](#) for resources.

