



# Momentum



Join our webinar, *Build a Positive Workplace Culture*, on Wednesday, September 24, 2025 at 1:00 p.m. CT. Discover the how to practice and promote civility on your team. Scan the QR code to [register now](#).

## Build a harmonious team

A group of individuals in a room don't magically come together to form a dynamic team. It takes a "conductor" to inspire the harmony of motivation, collaboration and enhanced performance. To become that effective leader:

- **Practice servant leadership.** Put the needs of those on the team ahead of your own. To foster a teamwork culture, provide guidance, encouragement and removal of roadblocks for them.
- **Emphasize open communication.** Create a safe space for dialogue to ensure that every team member feels heard and valued.
- **Set clear goals and a shared vision.** Make sure everyone understands the team's mission and objectives. Then encourage the team to contribute ideas and take ownership of their work.
- **Acknowledge and reward teamwork.** To generate team spirit, motivation and a sense of accomplishment, publicly recognize your team's efforts.

## Digital Emotional Wellbeing program modules: ThinkWarrior<sup>SM</sup> and ThinkHero<sup>SM</sup> \*

As a manager, you play a key role in connecting your team with meaningful resources—including support for their children's emotional wellbeing. Anxiety affects nearly 8% of youth, yet 80% of children and teens don't receive treatment. The *Digital Emotional Wellbeing Program*, powered by NeuroFlow, offers two interactive modules based on cognitive behavioral therapy: *ThinkHero* for children ages 6 – 12 and *ThinkWarrior* for teens ages 13 – 17. Encourage your team to visit the [member website](#) to explore these modules.

\*If available through your program.

Contact your Employee Assistance Program at 1-800-450-1327 (TTY 711) or go online to [Member.MagellanHealthcare.com](http://Member.MagellanHealthcare.com) (enter Principal Core) for confidential, no cost help available 24/7/365 for you and your household members.

## Mind Your Mental Health

### September is Suicide Prevention Awareness Month

As a manager, you're in a unique position to support your team's mental wellbeing. While conversations about suicide have become more common, stigma still prevents many people from reaching out for help. This month is a reminder that checking in, listening without judgment and connecting your staff to support can make a meaningful difference.

- Suicide is the 2nd leading cause of death among people ages 10 – 14 and the 11th leading cause overall in the U.S.
- 46% percent of people who die by suicide have had a diagnosed mental health condition—though research suggests that 90% may have experienced symptoms.
- If a loved one struggles with suicidal ideation, let them know that they can talk with you about what they're going through.
- Someone considering suicide may not believe they can be helped. Do your best to keep them safely away from lethal means like firearms and stockpiled medicines.
- If an emergency seems imminent, dial 911, or escort the individual to mental health services or a nearby ER. Follow up with them after the crisis to see how they're doing.

Visit [MagellanHealthcare.com/about/bh-resources/mymh](https://MagellanHealthcare.com/about/bh-resources/mymh) or call your program for confidential mental health resources.

## Working on Wellbeing

### Working on Community Wellbeing

You're not just leading individuals, you're helping shape a sense of community at work. A strong sense of community wellbeing contributes to staff engagement, connection and a healthier workplace culture.

- Encourage team connection through inclusive meetings, celebrations, or service opportunities.
- Organize events that encourage collaboration and help employees connect personally.
- Model respect and empathy in every interaction.

## Money Matters

### September 2025 financial webinars

#### The Student Loan Survival Guide

September 9. Register here: [11:00 a.m. CT](#) | [2:00 p.m. CT](#)

Repaying student loans can be a daunting task, but it is possible! This event will explore the elements you can use to create a student loan repayment plan, including evaluating your repayment options, negotiating with lenders, and adjusting your budget to help with timely payments. We'll also look at options like consolidating loans, refinancing, and how to apply for loan forgiveness programs.

#### MSA Insights

September 25. Register here: [11:00 a.m. CT](#) | [2:00 p.m. CT](#)

Master your money with MSA Insights! Join this event to stay ahead of market trends, learn from our expert Money Coaches, and adopt strategies that help you boost your financial wellbeing and overall peace of mind. Are you ready to build the financial future you've always wanted?

Sources: [StopBullying.gov](#), [American Psychological Association](#), [Anxiety and Depression Association of America](#), [National Alliance on Mental Illness](#), [American Foundation for Suicide Prevention](#), [NationalToday.com](#).

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