

A photograph of a woman with brown hair, wearing a black and white striped shirt, sitting on a bed and hugging a young girl with dark hair. The girl is looking down, and the woman is looking at her with a concerned expression. The background shows a bed with white pillows and a nightstand with a potted plant and a glass of water.

# Momentum



Join our webinar, *Understand and Address Bullying*, on Wednesday, September 10, 2025 at 1:00 p.m. CT. Learn how to recognize and stop bullying, plus help those who have been affected. Scan the QR code to [register now](#).

## Stop bullying in its tracks

Bullying affects people at every stage of life, from school-age children to working adults. Understanding the scope and impact of bullying can help create safer environments for everyone.

- About 19.2% of students ages 12 – 18 experienced bullying nationwide during the 2021 – 2022 school year.
- If a child reports bullying, take their concerns seriously and investigate thoroughly.
- Teach children multiple response strategies, including walking away, seeking help from trusted adults and using assertive communication.
- Four out of 10 employees suffer from some form of workplace bullying.
- Document all incidents, including dates, witnesses and specific behaviors.
- Report concerns to supervisors, HR departments or designated reporting systems.
- Know your organization's policies and procedures for addressing workplace harassment.

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

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. These engaging, adventure-based programs use relatable stories and interactive activities to help kids and teens learn how to manage anxious feelings. Visit your [member website](#) to learn more.

\*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

Society has become more open to discussions about suicide. However, there is still a stigma surrounding it and, with suicide rates still high, the right help is not reaching everyone in time.

- 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

### Community Wellbeing

- Having community wellbeing typically means feeling good about your surroundings, your sense of belonging, your opportunities for engagement and participation, and the resources available to you.
- To enhance your wellbeing in the community, make contributions in ways that tap into your strengths and passions. Show respect to all other community members, help others achieve social connectedness, and enjoy the green spaces in your area.

## 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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