

Momentum



Join our webinar, *Support Loved Ones With Mental Health Concerns*, on Wednesday, April 9, 2025 at 1:00 p.m. CT. Learn to be an effective mental health ally. Scan the QR code to [register now](#).

Be a mental health ally

Did you know that more than 1 in 5 American adults now face mental health challenges? That means it's likely someone close to you—a friend, family member, or co-worker—could be silently struggling. Your understanding and support can make a profound difference. Here's how you can be a mental health ally:

- **Build awareness.** A lack of understanding can lead to less compassion for those struggling with mental health or substance use. Educating yourself is the first step toward genuine support.
- **Start the conversation.** A simple question like, "I noticed you've been having a hard time lately; what can I do to help?" can create a safe space for someone to share their feelings.
- **Value your role.** By encouraging those in need to seek care, you contribute to breaking down stigma and building a culture of understanding and support.
- **Share your story; reduce isolation.** Sharing your own experiences with mental health challenges, whether ongoing or temporary, can help reduce the sense of isolation others may feel.



Member website

Take an active role in managing your wellbeing. Access all program offerings, robust clinically-validated resources like articles, videos and webinars, and live chat for direct support. Find resources for family, finances, legal issues, mental health and physical wellbeing—all in one convenient place. Visit your [member website](#) to learn more.

Contact your Employee Assistance Program at 1-800-450-1327 (TTY 711) or go online to 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

April is Autism Acceptance Month

Evolving from Autism Awareness Month, this observance emphasizes increasing acceptance of individuals with autism, celebrating neurodiversity and embracing individual differences.

- The term “autism” comes from the Greek word *autos*, meaning “self,” highlighting the unique ways individuals with autism experience the world.
- The mission of Autism Acceptance Month is to foster understanding, kindness, and inclusion for those with autism, educating future generations on the importance of acceptance.
- People with autism often face barriers across various sectors, including healthcare, education, employment, and beyond.
- Only 26% of students with autism report feeling happy at school, and just 30% of adults on the spectrum are employed.
- Supporting young adults with autism in finding meaningful employment is essential for creating opportunities and fostering independence.
- Early intervention is key—recognizing the signs of autism early can lead to improved outcomes through behavioral and occupational therapies that support brain development and quality of life.

Visit MagellanHealthcare.com/about/bh-resources/mymh or call your program for confidential mental health resources.

Working on Wellbeing

Community wellbeing

- Community wellbeing goes beyond meeting basic needs like housing, food, healthcare, and public safety. It thrives in an environment where fairness, justice and opportunities for all citizens to reach their full potential are prioritized.
- Building community wellbeing starts with meaningful engagement. Connect with neighbors on issues that enhance quality of life, including individual empowerment, respect for all and greater access to culture and the arts.

Money Matters

April 2025 financial webinars

The Financial Well-Being Playbook

April 8th. Register here: [11:00 a.m. CT](#) | [2:00 p.m. CT](#)

This event shares the habits that people who have little financial stress in their lives commonly practice. The MSA coaching staff has conducted over a million financial consultations, and the most experienced financial coaches developed content for this presentation. The goal is for attendees to take pride in the money strategies they're practicing well and to develop action plans to address those habits they'd like to improve.

Market Trends: Home Buying & Real Estate

April 24th. Register here: [11:00 a.m. CT](#) | [2:00 p.m. CT](#)

Whether you're a first-time homebuyer, a seasoned investor or a real estate professional, understanding current market trends is crucial for making informed decisions. Join us as we dive into the latest trends and discuss practical tips and possible implications for anyone considering buying or selling in the current market.

Sources: National Alliance on Mental Illness, Jefferson Center, Centers for Disease Control and Prevention, NationalToday.com, Organization for Autism Research, University of Minnesota.

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