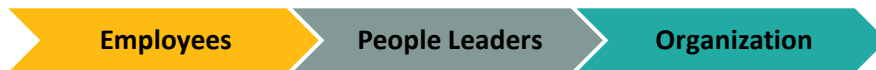




Mental Health is how we **THINK, FEEL, and ACT.** *U.S. Resource Guide*



I'm Thriving	I'm Not OK	I Have a Mental Health Diagnosis
<ul style="list-style-type: none"> Follow the Health & Wellbeing Channel (#26) on Dow Connect Join an Employee Resource Group (Dow Intranet, Keyword: ERG) Apply 90/10 to maintain energy and wellbeing Use the Weekly Wellbeing Tips from the Dow Homepage for new ideas Explore available wellness programs Explore local opportunities to volunteer and serve in your community 	<ul style="list-style-type: none"> Talk to your Leader/Supervisor Call EAP for 1:1 Coaching and Counseling: 1-888-488-4488, TTY: 711 Connect with a Health Care Provider at your local Occupational Health Clinic Contact your Primary Care Provider Explore Self-Help Resources to assess your Mental Health Use MyStrength – a self-paced support resource available through Dow's US EAP provider 	<ul style="list-style-type: none"> Connect with a Health Care Provider at your local Occupational Health Clinic Call EAP for 1:1 Coaching and Counseling: 1-888-488-4488, TTY: 711 Learn about support available through your Medical Benefits Talk to your Leader/Supervisor Join DEN for ongoing peer support, connection, and resources
When Employees are Thriving	When Employees are Not OK	When Employees Have a Mental Health Diagnosis
<ul style="list-style-type: none"> Encourage engaging team in company-supported opportunities to give and volunteer Actively encourage and model commitment to 90/10 work culture Incorporate Wellbeing Moments into regular team meetings – Use the Weekly Wellbeing Tips and/or highlights from the Health & Wellbeing Channel on Dow Connect (#26) 	<ul style="list-style-type: none"> Connect Employee to EAP for 1:1 Coaching and Counseling 1-888-488-4488, TTY: 711 Encourage Employee to connect with Primary Care Provider Connect Employee with a Health Care Provider at local Occupational Health Clinic Connect Employee with support through Resources for Living Offer Team Training <ul style="list-style-type: none"> How are You REALLY Doing? Psychological Safety Provide Team with information on supporting their peers 	<ul style="list-style-type: none"> Connect Employee with a Health Care Provider at local Occupational Health Clinic Encourage Employee to learn about Medical Benefits Encourage Employee to get involved with local DEN ERG for company and peer support Understand Dow's policies on employee time off Seek Leadership support and resources through Dow's EAP provider Resources for Living Understand Suicide Prevent Resources 1-800-273-TALK (8255)
For Teams that are Thriving	For Teams that are Struggling	For Teams seeking Mental Health Support
<p>We provide ongoing opportunities to connect, share, and support others</p> <ul style="list-style-type: none"> Join and participate in Employee Resource Groups Follow the Health & Wellbeing Channel (#26) on Dow Connect 	<p>We provide ongoing company support resources, and team and individual trainings</p> <ul style="list-style-type: none"> Occupational Health Clinics and Health Care Professionals Peer Support Services available through Resources for Living Leader Support and Training available through Resources for Living Psychological Safety training How are You REALLY Doing? Training Resources to Assess Your Mental Health CDC: Learn about Mental Health 	<p>We provide workplace policies, guidance, and Employee Resource Groups for employees with physical and mental disparities and support necessary paid time off through medical benefit partner offerings.</p> <ul style="list-style-type: none"> Disabled Employee Network (DEN) Occupational Health Clinics and Health Care Professionals Dow Policies for Taking Time off Work



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