

AUTOMATIC SPRINKLER

LOCAL 281, U.A.

WELFARE FUND



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Dear Plan Participants,

Automatic Sprinkler Local 281, U.A. Welfare Fund's Member Assistance Provider, AllOne Health (formerly Employee Resource Systems/ERS), has issued the following resource guides for the 2025 Mental Health Awareness Month this May.

- **How to Support a Loved One:** Supporting a loved one through mental health challenges can feel overwhelming, and this guide offers practical steps to help you navigate the process.
- **Mental Health for Everyone:** To build mental health awareness, this resource provides an overview of why mental health matters and when to seek support.
- **Mental Health in the Workplace:** This guide provides actionable steps for organizational leaders to promote mental health, communicate effectively, and foster a supportive work environment.
- **Mental Health Signs and Symptoms:** Every diagnosis has its own symptoms, but this guide features the most common signs and symptoms to be aware of.
- **What is Resiliency?:** In mental health resiliency, there are strategic ways to improve your ability to bounce back from challenges. This guide offers a closer look at the four primary areas of defense and specific steps to improve resilience.

In addition to these new resources, your monthly **Insights newsletter & Hub, Resource Library, monthly webinars**, the **AllOne Health Blog**, and your member portal offer a full collection of topical articles and shareable content that can be accessed anytime.

If you or any of your eligible family members are working through mental health challenges, AllOne Health is here to support. Their confidential counseling services and resources are available to provide guidance, support, and encouragement whenever it's needed. All bold text have embedded links that will open the website publication.

Sincerely,

On behalf of the Trustees of
Automatic Sprinkler Local 281,
U.A. Welfare Fund