

#MyMomentToBeWell

Be kind to your mind

Emotional well-being resources to help you focus on your mental health.

Keeping up with the daily stress of managing one's personal and professional responsibilities, while also trying to practice self-care, can be overwhelming. Worldwide, there are **over 792 million people** who suffer from a mental health condition like depression, anxiety or substance abuse.

Caring for your mental health is a critical component of your overall well-being and can have a significant effect on your physical, financial and social health. AECOM offers you and your family many tools and resources to be emotionally well and manage your mental health.



Global Resources

GuidanceResources Employee Assistance Program (EAP) provides global employees and their immediate family members with access to free confidential counseling and work-life support resources to help them manage unexpected events and the stress of everyday life. Visit [WellBeingAtAECOM.com](https://www.wellbeingataecom.com) to get EAP support and learn more.

myStrength is a clinically-based behavioral tool that helps you and your immediate family members build emotional resilience and manage stress, anxiety, depression, sleep and much more. You can access myStrength anytime by registering for an account at myStrength.com (access code = AECOM).

Resources by Country

Discover mental health resources to help you and your family be emotionally well by finding your country in the chart below.

Country	Health Plan	Virtual Visits	Additional Mental Health Resources
Global	Not applicable.	Not applicable.	<p><u>AECOM Emotional Well-Being Resources</u></p> <p><u>World Health Organization (WHO) Resources</u></p>
Australia	<p>AECOM Australia have partnered with Bupa to offer affordable and discounted private health plan options. On most Extras and packaged covers, Bupa will pay towards the cost of psychology, counselling and online Cognitive Behavioural Therapy under the mental health category. For more information, visit the <u>AECOM Bupa corporate website</u>.</p>	Not applicable.	<p>Reach out to a Mental Health First Aider or a member of the SHE&W team for support and advice.</p> <p>There are many community service providers in Australia that offer counselling, crisis support and a range of other resources and services to support mental health and wellbeing. For more information on support options, please <u>review this</u> document.</p> <p><u>Heads Up Resources</u></p> <p><u>Public Health Resources</u></p>
Canada	<p>Mental health services are covered under the <u>Sun Life</u> health plan.</p> <p>Cost:</p> <ul style="list-style-type: none"> • <i>Module A:</i> no coverage. • <i>Module B:</i> 80% reimbursement up to \$500 per practitioner per person per calendar year. • <i>Module C:</i> 90% reimbursement up to \$700 per practitioner per person per calendar year. 	Not applicable.	<p><u>Canada Well-Being Program Resources</u></p> <p><u>Lumino Health Resources (Sun Life)</u></p> <p><u>Public Health Resources</u></p>
China	<p>Mental health services are offered through the local <u>AIA</u> plan.</p> <p>Cost: No cost; mental health services are subject to the annual limit.</p>	Not applicable.	Not applicable.

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Country	Health Plan	Virtual Visits	Additional Mental Health Resources
Germany	<p>Medically necessary mental health services are available through statutory health insurance.</p> <p>Cost: Based on services rendered.</p>	<p>Available through statutory health insurance.</p> <p>Costs are dependent on medical necessity.</p>	<u>Charities and Support Groups</u>
Hong Kong	<p>Mental health services are offered through the local AXA outpatient and hospitalization plan and the Blue Cross hospitalization plan.</p> <p>Cost: Mental health services are subject to the annual plan limits.</p>	Not applicable.	Not applicable.
India	Not applicable.	Not applicable.	<u>Public Health Resources</u>
Ireland	<p>Inpatient and outpatient counseling and psychotherapy benefits are offered through <u>Irish Life Health</u>.</p> <p>Cost: 50% cost sharing on outpatient benefits to the value of €1000.</p>	Virtual visits for mental health services are available.	<p><u>Podcasts</u></p> <p><u>Lectures</u></p> <p><u>Public Health Resources</u></p> <p><u>Charities and Support Groups</u></p>
Malaysia	Not applicable.	Not applicable.	<u>Public Health Resources</u>

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Country	Health Plan	Virtual Visits	Additional Mental Health Resources
New Zealand	<p>Mental health services are available through the <u>Southern Cross Health Plan</u>.</p> <p>Cost:</p> <p><i>Psychiatric Consultations:</i> \$750 per claims year</p> <p><i>Psychiatric Hospitalizations:</i> \$3,500 per claims year</p>	Not applicable.	<p>Reach out to a Mental Health First Aider or a member of the SHE&W team for support and advice.</p> <p>Eligible New Zealand employees can access a rebate of up to \$100 per annum for any approved membership, activity or program that positively contributes to their own personal health and wellbeing. Visit <u>Ecosystem</u> for more information.</p> <p>There are many community service providers in New Zealand that offer counselling, crisis support and a range of other resources and services to support mental health and wellbeing. For more information on support options, <u>review this</u> document.</p>
Panama	<p>Outpatient psychiatry visits are available through the <u>PALIG Health Plan</u>.</p> <p>Cost: US\$40 per visit (up to 50 visits a year) at 50% after meeting the annual deductible of US\$150.</p>	Not applicable.	Not applicable.
Philippines	<p>Specialized care programs for mental health are provided by <u>Maxicare Health Plan</u>.</p> <p>Cost: No cost; services are available by appointment only.</p>	Not applicable.	Not applicable.
Poland	<p>Psychologist and psychiatrist consultations are available through the <u>LUXMED Plan</u>.</p> <p>Cost: No cost.</p>	Not applicable.	<u>Charities and Support Groups</u>

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Country	Health Plan	Virtual Visits	Additional Mental Health Resources
Saudi Arabia	<p>Mental health services are available through <u>Bupa Arabia Health Plan</u>.</p> <p>Cost: No cost.</p>	Not applicable.	<u>Charities and Support Groups</u>
Singapore	Not applicable.	Not applicable.	<u>Public Health Resources</u>
South Africa	Not applicable.	Not applicable.	<u>Videos</u> <u>Brochures</u> <u>Podcasts</u> <u>Helplines</u> <u>Charities and Support Groups</u>
Trinidad & Tobago	<p>Psychologist services are covered under the <u>Beacon Health Plan</u>.</p> <p>Cost: TTD \$400 out-of-pocket* for first visit.</p> <p>If further intervention is needed, a claim can be submitted through Beacon.</p> <p><i>*Group discount can be negotiated</i></p>	Available at no additional cost.	Not applicable.
United Arab Emirates	<p>Mental health services are covered under the AXA health plan.</p> <p>Cost: 10% co-pay up to a maximum of US\$13 per visit or equivalent.</p> <p>Mindset: A confidential 24/7 multilingual service that provides employees and their dependents (over age 17) with emotional well-being counseling provided by licensed psychologists available on the AXA APP for Middle East employees.</p>	Available at no additional cost (co-pay applies).	Not applicable.

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Country	Health Plan	Virtual Visits	Additional Mental Health Resources
United Kingdom	<p>Mental health services are available through Western Providence Association (WPA) Health Plan.</p> <p>Cost: A rolling shared responsibility limit of 20% up to £150 per person per 12-month period.</p>	<p>Available at no additional cost.</p>	<p><u>Mental Health Foundation</u></p> <p><u>Mind</u></p> <p><u>NHS</u></p> <p><u>Time to Change</u></p> <p><u>Charities and Support Groups</u></p>
United States	<p>Mental health services/office visits are covered under the AECOM medical plans. Coverage levels vary by plan and state requirements.</p> <p>Cost: Varies by plan.</p>	<p>Telemedicine services are offered through most medical plans.</p>	<p><u>Wellness at AECOM Resources</u></p> <p><u>eMindful</u></p> <p><u>Total Brain</u></p> <p><u>2nd.MD</u></p> <p><u>Livongo</u></p> <p><u>Public Health Resources</u></p> <p><u>Helplines</u></p>