

# MENTAL HEALTH MATTERS



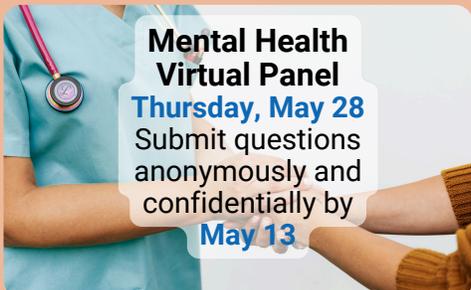
## APRIL



**How to be grateful: Tips to practice gratitude daily**  
read this short article and explore others via Hinge Health's Learning Center



## MAY



**Mental Health Virtual Panel**  
**Thursday, May 28**  
Submit questions anonymously and confidentially by **May 13**



## JUNE



**Digital Detox Challenge**  
Challenge yourself and your family to adopt healthy practices



**Mental Health Resource Guide**  
Those enrolled in a VBA Medical plan have free access to a variety of mental health resources



**Noom Success Kit**  
Check out exercises and emotional resources included in the app



**Employee Assistance Program (EAP)**  
Those enrolled in a VBA Medical plan have free access to a wide range of services



Scan or click on the QR codes to access materials.

