



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 1-866-580-9046 (TTY 711) or go online to MagellanAscend.com for confidential, no cost help available 24/7/365 for you and your household members.



Mind Your Mental Health

Creative Expression as a Mental Health Tool

Creative expression is a profound yet accessible way to enhance emotional wellbeing. Outlets like art, writing, music, or other forms of creativity help us process emotions, reduce stress and foster resilience.

- At its core, creative expression taps into our innate need to make sense of the world and our experiences. This process serves as more than just a hobby; it's a therapeutic tool.
- Painting, drawing or sculpting are excellent ways to channel emotions. For some, creating art—free from the pressure of perfection—provides a space to explore feelings that might be difficult to verbalize.
- Journaling, storytelling or poetry writing can be transformative. The act of putting pen to paper (or fingers to keyboard) can help untangle thoughts and identify emotional and behavioral patterns.
- Playing an instrument, singing or even dancing can offer a release from the tension of daily life. These forms of expression engage the body and uplift the spirit.

Remember that creative expression is an act of self-care. As you explore your creative side, you may find that it becomes a cherished tool for maintaining good mental health.

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.