

Top 10 Reasons Coworkers and Their Families Use the Mental Well-Being Program

1 ANXIETY

2 MARITAL/
RELATIONSHIP

3 DEPRESSION

FAMILY/
CHILD 4

5 GRIEF

6 SITUATIONAL
STRESS

8 ANGER

10 ALCOHOL

JOB
STRESS 7

9 TRAUMA
RESPONSE

Kwik Trip

MENTAL WELL-BEING PROGRAM

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COUNSELORS & CONSULTANTS

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