

Mental Health Awareness

Three ways you can make a difference:

- Reach out to someone who may be struggling with their mental health and show care.
- Educate yourself on a mental health topic.
- Schedule an appointment with a counselor to work on your own mental health.

KWIK TRIPTM



Do You Know About the Kwik Trip Mental Well-Being Program?

It provides **free and confidential** mental health counseling

Up to eight (8) sessions per issue for coworkers, their spouse, dependents, and immediate household members

Call 1-800-222-8590 to schedule an appointment with a counselor

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Are you overwhelmed and stressed?

Signs it may be time to see a counselor:

- You've been feeling overwhelmed and stressed for a few weeks or more.
- You're having trouble concentrating or completing day-to-day tasks.
- Your stress is negatively interfering with your relationships.

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