

COMMUNIQUÉ

To group insurance plan administrators
Health and wellness

Mental health | Podcast: Supporting loved ones—without forgetting about oneself

The statistics speak volumes: during their lifetime, one in three Canadians¹ will experience mental health issues.

The impacts of a loved one's mental health challenges can also affect group plan members, both directly and indirectly.

That is why, on the World Mental Health Day on October 10, we took the opportunity to record a podcast with our subject-matter expert, Jennifer Boudreau, who spoke about how we can care for ourselves while caring for others.

Listen to the podcast [Caring for someone with a mental health problem](#).



The caregiver's challenges

Helping a loved one can be demanding. Stress, especially, can develop quickly and if gone unmanaged can lead to concerning issues such as insomnia, aches, fatigue, trouble focusing, etc.

Plan members can play a vital role in their loved one's recovery by providing support. Caregiving as well as emotional and practical day-to-day support are, of course, all helpful.

But self-care is essential, which is why, in this podcast, we discuss how important it is for caregivers to attend to their own needs and respect their personal limits.

This episode will teach plan members about:

- Supporting someone who's struggling with their mental health
- Strategies for managing their personal wellbeing
- The importance of resilience
- Resources and tools to help them through the process

Podcast release

We have included this new podcast with other mental health content for members, such as newsletters and a feature in My Client Space. You can also find it in the article "[Your mental health is our priority](#)" on our educational website and on [ia.ca](#).

We support organizations' employees at every stage of their total wellness journey with advice and resources that best fit their needs.

Health and wellness programs for your employees

World Mental Health Day can be a good opportunity to review the services and tools available in your group insurance plan. Our programs enable employees and their families to get personalized support and follow-up from qualified professionals.

Please see the [Well-Balanced® webpage](#) for the wide range of services that we offer to organizations.

If you have any questions or would like to enhance your health and wellness services for your employees, please contact your advisor or your iA Financial Group Account Executive.

¹ [How to recognize signs of distress at home and at work](#)

You, as the plan administrator, have an important role to play in informing your plan members about their group insurance plan. We also look to your support to give them all explanatory and administrative documents upon enrolment or upon request. We will help you show them where they can consult this documentation if it is not available in hard copy. If you have any questions, please feel free to consult your administrator's guide or to contact your local Account Executive or Client Relationship Manager.

This communiqué and past publications are also available on our website at [ia.ca](#).

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