

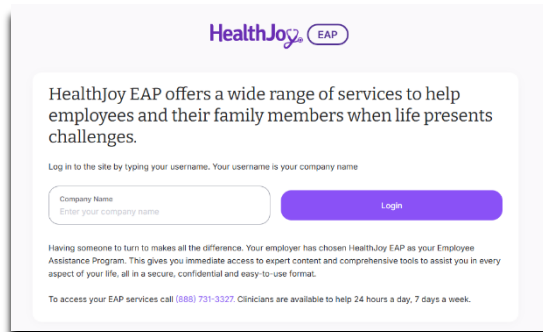
Mental Health Awareness Month Employee Assistance Program

As part of our commitment to safety and well-being, it is important that we understand the mental health resources available to us and feel confident using them when needed. By equipping our employees with the knowledge and tools to access these resources, we help create a stronger, more supportive workplace where people can speak up and get help. In recognition of Mental Health Awareness Month, we are reinforcing this effort to support not only our project teams and offices, but also the overall health and resilience of our industry.

How do I utilize the front side of our EAP card?



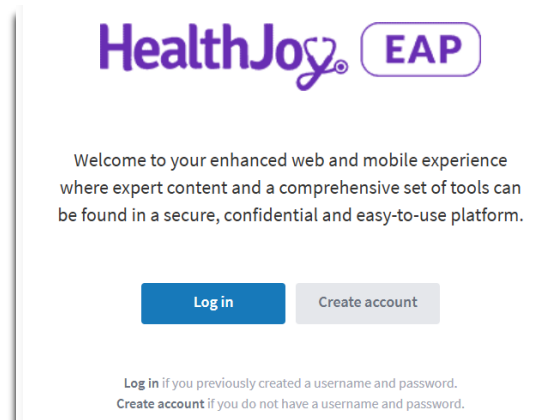
Step 1: Scan the QR code on the right and it will take you directly to the webpage listed.



Step 2: In the Company Name box, ensure you enter **stacyandwitbeck** and then log in.

Step 3: Click the Create Account button.

* You may have to 'accept cookies' pop up.



Step 4: You will work your way through 4 prompt pages.

1

2

3

4

Let's get started

Enter the code provided by your employer, organization or group.

Code *(Required)*

Please enter without spaces or punctuation. The code will be accepted with uppercase or lowercase letters.

Next

✓

2

3

4

About you

We value your privacy and are committed to keeping your information safe and secure. We adhere to all applicable privacy and confidentiality laws to safeguard your information.

Name *(Required)*

Date of birth *(Required)*

Gender *(Required)*

Location *(Required)*

Previous Next

Get connected to personalized support

Please take a moment to confirm your contact information. This will help us connect with you effectively and keep you informed throughout your journey.

Phone number *(Required)*

Personal email *(Required)*

Personalized communications

☒ Yes! I want to receive personalized communications tailored to my preferences and information.

How would you prefer to receive personalized communications?

☐ Email ?

☐ Text ?

Topics of interest

☐ Wellbeing

☐ Family

☐ Career

☐ Lifestyle

Previous Next

✓

✓

✓

4

Stay in touch

Create a unique username and password to secure your account. Note that you're also welcome to use email for login.

Username *(Required)*

Password *(Required)*

Strength indicator

Hint: The password should be at least 12 characters long. To make it stronger, use upper and lower case letters, numbers, and symbols like ! " ? \$ % ^ &).

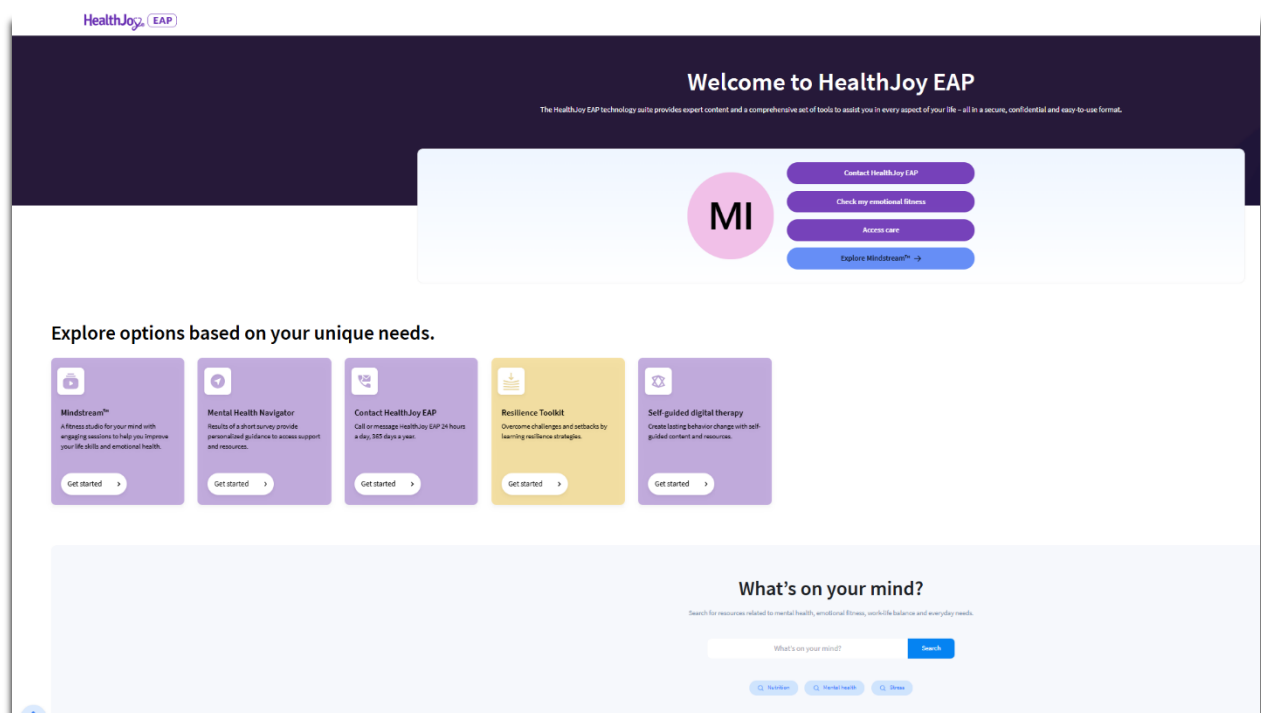
☐ I have read and agree to the [Privacy Policy](#) and [Terms of Use](#).

Previous Submit

5: Once your account is set up, you will have access to a multitude of services.

- You can click on ‘Access Care’ to Call HealthJoy, Text with a coach, Find a digital support group, Ask an Expert, and Engage in self-paced programs among other resources.
- You can type into the general prompt “What’s on your mind?” to help guide you or access resources.

The homepage will look different for everyone based on their intake questions on the previous pages. You can also click Contact HealthJoy EAP 24/7 to assist navigation.



Reminder: this assistance program is also available for dependents and those in the same household of employee (i.e. Spouse, Child, Unmarried Significant Other).

How do I utilize the second side of our EAP card?



The 988 Suicide Crisis Lifeline is a National Resource available to ANYONE at ANYTIME. Stacy Witbeck and Modern Railway Systems want our employees to feel confident in providing this resource to a friend, family member and co-worker who can use suicide, crisis or mental health support. We are more likely to share resources with others the more we have knowledge about them.

How 988 works

988 connects you with a trained counselor through text, online chat, or call. We are here 24/7/365 to support you with anything you're going through. You only need to say as much as you're comfortable sharing. No pressure. No wrong answers.

988 can help you with:

- Depression and anxiety
- Thoughts of suicide or self-harm
- Feeling isolated, lonely, or like no one cares
- Trauma or abuse
- Feeling unsafe at home
- School stress
- Bullying
- Tough breakups or friendship drama
- Concerns about friends and loved ones who need support
- Mental health concerns, or just feeling "off"
- Struggles with drinking, vaping or other substances
- Anything at all that is making you feel alone or overwhelmed



If you're unsure whether 988 fits your circumstances, please reach out. We are always ready to help you find the support you need.

988 is separate from 911 and we know your privacy is important. You can learn more about our privacy standards in the FAQ below.

Text or Chat 988

You'll be sent a pre-contact survey that asks the following questions. If you prefer, your identity can remain anonymous.

1

- Zip Code (used to connect you to the closest crisis counselor)
- Main concerns to address during the call
- Thoughts of suicide
- Ranking of emotions
- Name (optional)
- Age (optional)
- Gender identity (optional)

Connect

After submitting the survey, you'll be connected with a crisis counselor via text or chat. They'll listen, provide support, and share resources.

2

3

Receive further support if needed

Crisis counselors can share resources for longer-term support following your call. If there is imminent risk to someone's life that cannot be reduced during the call, the 988 Lifeline will activate the 911 system. More than 98% of calls are handled without involving emergency services.

Call 988

You'll hear an automated message saying you've reached the 988 Lifeline and a series of options.

1

for the
Veterans
Crisis Line

2

to get support
in Spanish

4

for the Native
and Strong
Lifeline

For all other
callers, stay
on the line or
dial 0 to be
connected to
a crisis

Connect

A trained crisis counselor will answer your call. They'll listen, provide support, and share resources.

Receive further support if needed

Crisis counselors can share resources for longer-term support following your call. If there is imminent risk to someone's life that cannot be reduced during the call, the 988 Lifeline will activate the 911 system. More than 98% of calls are handled without involving emergency services.