



Building resilience and positivity: Emotional well-being

A better world starts with the best you.



Your health, safety and well-being are important to us. The benefits and programs we provide are designed to give you the tools and resources you need to stay healthy in all areas of life. This summary provides an overview of the emotional well-being benefits and resources offered to all employees globally. Explore these benefits to discover the value these plans and programs bring to your life.

Emotional well-being benefits and resources

[WellBeingAtAECOM.com](https://www.wellbeingataecom.com)

Explore **emotional well-being resources and benefits**, including podcasts, books, apps and more, to boost resilience, find ways to be more present and improve your mental health. Make self-care a regular practice with daily mood boosters and well-being moments.

- [30 Days of Self-Care](#)
- [Create Your Plan: Digital Detox](#)
- [Learn to Relax](#)
- [Emotional Well-Being Resources](#)

[Employee Assistance Program](#)

Access free and confidential support 24/7 for a variety of needs, including workplace challenges, relationship concerns, substance abuse and more. Each household family member will receive five free sessions per issue, per year.

[Koa Health Foundations](#)

Improve your emotional well-being with a Computerized Cognitive Behavior Therapy (CCBT) tool offered through our EAP partnership. Use the tools and resources to reduce stress, address depression, get better sleep and more.

[Global Mental Health Allies \(MHA\) Network](#)

Connect one-on-one with a Global MHA for confidential support and guidance to resources that can help. If you need support with a mental health or emotional well-being challenge, complete the [online form](#) to be connected directly with a Global MHA.

[AECOM University: Mental Health Matters](#)

Take the official course to learn about mental health issues, conditions and AECOM benefits to support your well-being journey.

[LinkedIn Learning](#)

Build skills and gain insight with timely content and courses on work/life balance, mental well-being, cultivating a life of purpose, avoiding burnout, resilience strategies, making work more meaningful and setting goals.

[For Managers: Let's Talk](#)

Use this guide for tips to ensure regular mental health check-ins with your employees are sensitive and productive.

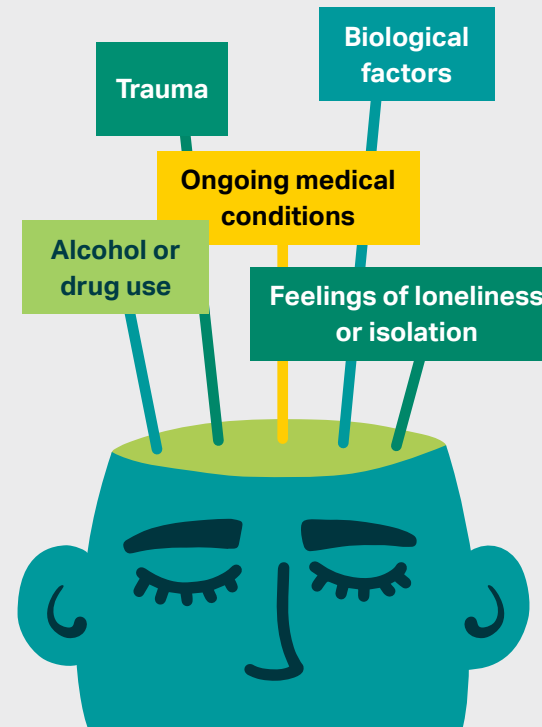
Quick facts about emotional well-being



Depression affects as many as **1 in 15 adults** across every socioeconomic class, age, gender or sexual orientation.²



Mental health issues are from a variety of factors:³



Taking time to relax has a **positive impact on your health** – increased blood flow, lower blood pressure, reduced inflammation and improved mood.⁵



The average person spends an average of over **7 hours on digital devices each day**, which can impact sleep, mood and relationships.⁴

Country-specific resources

You may have access to additional resources and benefits in your country. Explore [WellBeingAtAECOM.com/resources/emotional/](https://www.wellbeingataecom.com/resources/emotional/) to learn more.

1. CDC
 2. American Psychiatric Association
 3. Mayo Clinic
 4. People
 5. Advent Health