

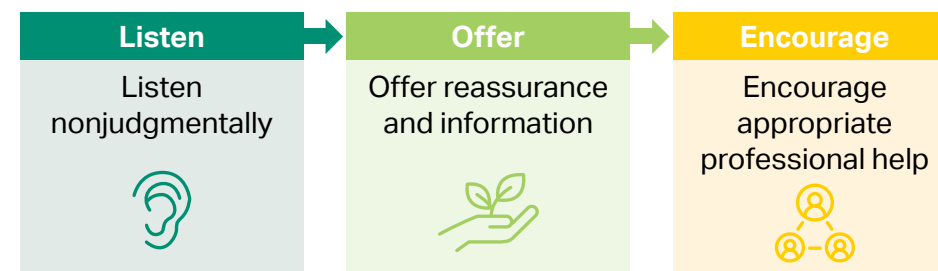
# Building a Better World through Supporting Mental Health



We launched Global Mental Health Allies, a peer-to-peer support program, so our colleagues do not have to face mental health challenges alone. Through this program, we provide a listening ear to colleagues who are experiencing mental health challenges and connect them to AECOM benefits and resources that can provide support and assistance.

## Meet our AECOM Global Mental Health Allies

Our **Global Mental Health Allies** have a passion for supporting mental well-being, and they are equipped with the language, tools and knowledge to speak one-on-one with colleagues who are facing a mental health challenge.



## Bringing the culture of caring to mental health

More than 80 Global Mental Health Allies have been trained and meet for ongoing learning and development to stay up to date on the latest mental health news and trends. These volunteers are dedicated to delivering effective mental health support to their colleagues around the world:

“I became a Mental Health Ally to help others, as others have helped me on my well-being journey at AECOM.”  
– Global Mental Health Ally from the U.K.

“I wanted to be sure that everyone has someone to talk to when they need it.”  
– Global Mental Health Ally from the U.S.

“Everyone deserves to feel valued, acknowledged and heard. My goal in being part of this program is to provide that to anyone who requires support.”  
– Global Mental Health Ally from Canada

## Mental Health First Aiders

In addition to our Global Mental Health Allies, we have a dedicated group of Mental Health First Aiders in the U.K., Western Europe, Australia and New Zealand. These Mental Health First Aiders have been trained to understand common mental health conditions and how to interact one-on-one with someone who is struggling with a mental health challenge.

## Connect to mental health assistance

You can visit [WellBeingAtAECOM.com](https://WellBeingAtAECOM.com) to connect with a Global Mental Health Ally. As part of your request, you can answer optional questions that will help you get connected to a Global Mental Health Ally who aligns with your specific preferences, such as language, cultural background and gender.

If you are in the Europe + India or Australia + New Zealand regions, you can go to [WellBeingAtAECOM.com](https://WellBeingAtAECOM.com), and you will be directed on how to connect with a Mental Health First Aider in your region.

## Key facts about mental health

We continue to face staggering effects of mental health challenges around the world. Having a network of compassionate colleagues who provide understanding and support goes a long way to improving health and well-being.

**970 million people** around the world suffered from depression or anxiety disorders in 2019.

**One out of every two people** in the world will develop a mental health disorder in their lifetime.

Globally, **12 billion working days** are lost every year to depression and anxiety at a cost of US \$1 trillion in lost productivity per year.

**Talking about your challenges** with someone you trust reduces stress, strengthens your immune system and reduces distress.



[Learn more about the Global Mental Health Ally Network.](#)