



Care for your emotional wellbeing

Life can be a lot. Whether we're focused on maintaining resilience, grappling with everyday stress, or managing life's moments and matters, we can all benefit from expert help to feel our best. That's why Iron Mountain provides a spectrum of resources to care for the mental and emotional needs of you and your family.

[Click the links below](#) to find resources to support these common needs.



Maintaining resilience



Managing stress



Avoiding burnout



Talking to someone



Caring for a child's emotional wellbeing



Substance use recovery



Resources for people managers



Arrival of a child

Global (non-U.S.) Mountaineers



If your goal is to
maintain emotional
resilience and
strengthen your
total wellbeing...



Maintaining resilience

Resources available to all Mountaineers and eligible family members:

- ✓ **Explore self-care: [Peak](#)** provides a wealth of helpful information to build your wellbeing skills. Short how-to videos and meditations can help you improve your mindfulness, reduce your stress, and foster positivity. Check back often to discover new resources each week.
- ✓ **Build resilience:** Staying well and preventing illness is key to good physical and mental health. This [Resources for Living toolkit](#) can help you build the resilience you'll need to thrive through the ups and downs of life.
- ✓ **Learn tips to build mental strength:** On the go or in the comfort of your home, access a variety of educational videos and podcasts through [PsychHub's](#) comprehensive library of resources.
- ✓ **Discover the power of mindfulness:** Resources for Living Wellbeing Moments and guided exercises allows you to explore a variety of relaxation exercises to help you get grounded and restore a sense of calm and peace. Access these resources [here](#).
- ✓ **Embark on a personal transformation:** Track your mood and take self-assessments to be provided with tailored recommendations to help manage stress, anxiety, and emotional challenges with Balancy. Download the Balancy app from either the App store or Google Play to learn more and get started.

Questions? Start here:

Find services & support

Resources for Living is here to help you thrive in life. Contact Resources for Living for free, confidential support 24/7. Access the website at go.rfl.com/IRM.



Username – Iron Mountain
Password – mountaineer

Get informed

Visit [PsychHub's](#) mental health library and be certified as an ally. To login, enter your work email.

Enhance Wellbeing

Visit [Peak](#) for essential content to build your wellbeing skills.



If you need help
managing
day-to-day
stressors in your
personal or
professional life...



If chronic stress
is causing you
emotional, mental
or physical
exhaustion...



Managing stress

Resources available to all Mountaineers and eligible family members:

- ✓ **Caregiving resources:** Free and confidential daily life assistance from Resources for Living can help you find local options that fit your budget for:
 - Childcare
 - Care for older adults
 - Home health aides
 - Skilled nursing and more
 - Caregiver support
 - Pet care
 - Support and interest groups
- Visit go.rfl.com/IRM to get started.
- ✓ **Learn how to manage stress:** Log on to your Resources for Living member website to visit the stress resource center. You'll find articles that can help you understand your stress and build resilience.

Avoiding burnout

Resources available to all Mountaineers:

- ✓ **Take time away from work:** Mountaineers are eligible for paid vacation time, based on work schedule, role, and years of service. And when you simply need to take a day away from work, our paid time off programs are meant to support you. Additionally, you may be able to consider approved unpaid personal leave.

To learn more about the time away policies and benefits available to you, visit [myMAP](#).
- ✓ **Learn to prevent burnout:** Burnout can leave you feeling physically and emotionally drained at work and at home. This [Resources for Living toolkit](#) can help you spot the signs and take action to feel better.

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If you need a
professional and
caring consultant
to help you thrive...



Global events have
underscored the need to
support the emotional
wellbeing of children
and adolescents.



Talking to someone

Resources available to all Mountaineers and eligible family members:

- ✓ **Manage your mental health and build resiliency:** Access up to eight counseling sessions per issue each year for you or your household members. These sessions can be used when a need arises, or if you just want general information and help enhancing your overall emotional health and resilience. Counseling sessions are available in person, via phone, or as virtual visits. Multiple languages are supported, and it's free and 100% confidential. To get started, access go.rfl.com/IRM.

Caring for a child's emotional wellbeing

Resources available to all Mountaineers and eligible family members:

- ✓ **Take charge of your family's total wellbeing:** Providing care and support for your loved ones can be overwhelming. If your to-do lists are getting too long and you need a helping hand, Resources for Living has resources to keep you moving forward. For more information, access go.rfl.com/IRM.
- ✓ **Local resources are available:** If you need time away from work or are in need of additional resources due to a family matter, please visit [myMAP](#) for more information.

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If you or a family
member is living
with **substance**
use disorder...



Substance use recovery

Resources available to all Mountaineers and eligible family members:

- ✓ **Talk to an expert & find community resources:** Resources for Living provides up to eight counseling sessions per condition for you or your family members, in person, via phone, or through virtual visits or by phone. It's free and 100% confidential. Resources for Living can also connect you with community resources for managing day-to-day challenges. For more information, access go.rfl.com/IRM.

If you recently
welcomed a **new**
member into
your family...



Arrival of a child and other family care needs

Resources available to all Mountaineers and eligible family members:

- ✓ **Take time away from work:** You may be eligible for time off from work after the birth, adoption, or fostering of a child. To determine the specific parental leave policies and benefits available to you, visit [myMAP](#).
- ✓ **Find a caregiver & adjust to life as a parent:** Resources for Living can help find solutions to the challenges you may face as a new parent. You can access confidential support for managing parenting and family relationships. And you can find childcare resources, including schooling and support for children with special needs. For more information, access go.rfl.com/IRM.
- ✓ **Get support when you need it:** The Balancy app helps you access stress-management resources, connect with a counselor for emotional support, or reach work/life consultants for help with everyday challenges—all in one convenient place. Download the Balancy app to get started.

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Resources to
support your
personal wellbeing
and to help your
team thrive at work...



Start your meetings with wellbeing.



Visit [Peak](#) to access short
videos you can use to kick
off team meetings while
building wellbeing skills.

Resources for people managers

As a people leader, it helps to prioritize your own resilience so you can elevate your team's wellbeing and performance. These resources help you stay strong and support your team.

Resources to support your wellbeing as a leader:

- ✓ **Participate in manager consultations:** Confidential, one-on-one telephone consultations are available 24/7 for managers. Consultations take place with Resources for Living Management Consultants (MCs), who are licensed mental health professionals. They can provide support for tough situations and more. Check out the flyer on [this page](#) to learn how they can support your team.
- ✓ **Schedule team training:** As a people manager, you can request trainings that can help support a culture of emotional wellbeing. Topics include caregiving, health and wellness, mental wellbeing, personal improvement, professional development for employees and managers and more. Check out available topics and request a training through the catalog posted on [this page](#).
- ✓ **Get leadership support:** Call on a specialized team at Resources for Living to address your inquiries on resilient leadership and ensure the wellbeing of your team. Coaching is provided on how to approach the employee and engage in a supportive conversation.
- ✓ **Access critical incident support:** If you or your team members experience a crisis and need to reach out for critical incident services, Resources for Living is here for you 24/7 to help with:
 - Communication support
 - Onsite group sessions
 - Onsite individual counseling

Be a mental health ally

[PsychHub](#) is a mental health platform for education, connection, and engagement solutions.

- ✓ **Enter your name and email,** agree to the terms and conditions and click "Sign up." Scroll to the bottom to review the Series: Mental Health Ally.
- ✓ **Show your Mental Health Ally Certification:** Add your certification in your IRM email signature and help us elevate mental wellbeing to create a culture of belonging for all Mountaineers.

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