



memo

To: All HII Employees  
From: Karen Velkey, HII Corporate Vice President, Benefits and Compensation  
Date: May 19, 2020  
Subject: Mental Health Resources for Employees and their Families

Dear HII Employees:

The coronavirus (COVID-19) pandemic has made a significant impact to community health and safety, market volatility and how we live and work. While we can see these changes every day, it has also caused changes not easily seen on the surface. Stress and anxiety levels are higher nationwide, and at HII we've seen an increase in demand for mental health services through Teladoc Behavioral Health and HERO: HII Employees Reach Out.

If you are experiencing disruption, anxiety and fear due to COVID-19, you're not alone. At HII, we recognize how mental health affects your entire well-being, from your physical health to your engagement at work. To better assist you with the mental and emotional effects of COVID-19, we have established a [COVID-19 mental health resources hub](#) on our benefits website. The hub includes resources and ideas to help employees and their families cope with the long-term impacts of COVID-19, including at-home learning and entertainment for children, social distancing and working from home. The hub also addresses topics like loneliness, financial uncertainty and stress.

Taking care of your mental health is just as important as caring for your physical and financial health, so I encourage you to visit the hub and take advantage of the resources pertinent to your situation. The hub is available from both work and personal devices and is open to the public, so please share with your coworkers and family members. Note that the benefits website is best viewed on Internet Explorer 11, Google Chrome or Firefox web browsers.

A handwritten signature in black ink that reads 'Karen Velkey'.