



Dear Participant,

This Saturday, October 10, is World Mental Health Day. Given all that 2020 has handed us, it's helpful to take a moment and reflect on our own emotional well-being and think about areas where we may need self-care and support. It's also important to take the time to act and reach out for help. Yet, it is often that last step of asking for help that most of us aren't comfortable with. In this update, we share some simple ways to get started so you can be your best self no matter what comes your way.

- Tune in to the World Mental Health Day 24-hour global online advocacy event on Saturday, October 10 at facebook.com/WHO. This livestream will feature mental health leaders and influencers from around the globe.
- If you are a HealthFlex participant, take advantage of eight confidential, no-cost visits per issue through the [Employee Assistance Program](#). You can also use the EAP for non-covered members of your household. If you've exceeded your EAP visits during this time, remember HealthFlex covers outpatient counseling at the same level whether your provider is in-network or not.
- Fight stress by staying active *and* connected. Through the Virgin Pulse "Walk the Wesley Way" challenge, you can take a walking tour of the UMC. The challenge lasts through October. Join up with fellow walkers anywhere along the journey—from South Georgia to Oregon-Idaho and many stops in between. Check it out and join a team from your [Virgin Pulse](#) account.
- Help is available 24/7 through the Optum Public Crisis Line at **1-866-342-6892**. If you or someone you know is in crisis, don't hesitate to call.

To find more health and well-being information from Wespath, like us on [Facebook](#) and [Twitter](#).

Investment News and Information

Amid uncontrolled wildfires, COVID-19, a busy Atlantic storm season and global conversations about social inequality, Wespath Chief Investment Officer Dave Zellner reflects on time spent near the fires and the intersection of climate risk and the pillars of Wespath's Sustainable Economy Framework. Read more in our most recent [Investment Insights Blog](#).

In another article, Dave shares thoughts in this [Op-Ed](#), which appeared recently in *Pensions & Investments*. Zellner delivers a call to action regarding how investors must act collectively to address systematic issues—such as COVID-19, climate change and social justice—in order to improve market outcomes for all.

For Your Education



Saving Grace

Saving Grace: A Guide for Financial Well-Being is a new educational curriculum that seeks to support and strengthen clergy and congregations with a Wesleyan guide to improved financial planning. For more information, please click [here](#).



Markets-At-A-Glance

Read our latest [Monthly Investment Report](#) and watch Wespath's new Deputy Chief Investment Officer, Trish Halper, deliver this month's Markets at a Glance update.

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