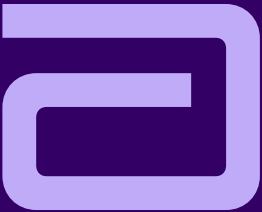


World Mental Health Day

APAC Employees



 ABBOTT



World Mental Health Day

Together, let's build a culture where mental health matters every day, not just on World Mental Health Day. Abbott offers resources for you and your family to help strengthen resilience, support mental health and provide guidance during life's challenges.

EMPLOYEE ASSISTANCE PROGRAM

Mental health support anytime, anywhere

The Employee Assistance Program (EAP) is a confidential resource that offers counseling, coaching and self-guided tools to help you navigate work, family, relationships and personal challenges. Abbott partners with EAP providers to support your well-being.

[Get connected](#)

Be part of the Abbott mosaic

Join colleagues worldwide in creating a collective picture mosaic by sharing how you recharge and care for your well-being.

[Join the mosaic](#)

Table of contents



Webinars and events

Join us for upcoming sessions focused on your mental health and well-being.

FEATURED WEBINAR

Make space for what matters

Explore how boundaries help protect what's important and help prevent burnout.

Oct 8, 10am SGT

[Register](#)

TRAINING SESSION

Protecting Your Mental Health in a World of Artificial Intelligence

Explore how AI and rapid workplace change can affect mental health and learn practical strategies to build resilience and support well-being.

[Register](#)





Mental health activities

Discover tools and resources designed to help you manage stress, prevent burnout, build healthy habits and support your overall well-being.

Pause and reset

Take a few minutes to recharge with a guided breathing exercise designed to help you slow down, refocus, and find a sense of calm during a busy day.

[See how](#)

Strengthen your support system

Explore an interactive activity that helps you identify and map the people, resources and connections that can support your well-being when you need them most.

[Start building](#)

Learn, reflect and grow

Access articles, tools and training focused on mental well-being, stress management, burnout prevention and navigating challenging times.

[Explore resources](#)

OPTUM

Mental Wellbeing Toolkit

Looking for more? Each month, discover new activities, exercises, videos and practical tips to help you build healthy habits and support your mental well-being year-round

[Access the toolkit](#)