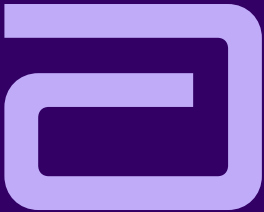


World Mental Health Day

LATAM 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](#)

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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, 1pm CT

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

Regional events and activities

Contact your local team leader for more details and registration information.
All sessions are available in Spanish and Portuguese.

October 4–9

Mental Health Film Forum

Employees will participate in a guided film forum focused on mental health topics such as stress, anxiety, burnout, resilience, and self-care. Participants will watch a selected short film or movie in advance and then join a facilitated discussion led by specialists or invited panelists who will connect key themes from the content to workplace experiences and available wellbeing resources. The activity aims to increase mental health awareness, encourage open dialogue, and promote utilization of support resources.

October 4–9

Gratitude Challenge

Employees are encouraged to spend a few minutes each day for one week identifying and recording three things they are grateful for, either personally or professionally. Participants may voluntarily share one gratitude reflection through an internal communication channel or physical gratitude wall. At the end of the challenge, employees are invited to reflect on how practicing gratitude influenced their mood, resilience, and overall perspective, helping reinforce positive mental wellbeing habits.

October 4–9

Wellbeing Capsules: Let's Talk About Mental Health

A series of short, easy-to-consume wellbeing capsules designed to increase awareness and understanding of mental health topics. The capsules provide practical information, self-care strategies, and guidance on available support resources, helping employees build healthy habits and normalize conversations about mental wellbeing. Content is intended for all employees and can be delivered through internal communication channels on an ongoing basis.



October 11–16

Wheel of Life Workshop

This interactive workshop uses the “Wheel of Life” tool to help employees assess their level of satisfaction across key areas of personal and professional wellbeing, such as health, relationships, career, finances, self-care, and personal growth. Through guided reflection, participants identify areas of balance and opportunities for improvement, then develop practical self-care and wellbeing actions that can support their overall quality of life and workplace performance.

October 11–16

Movement Challenge

Employees are encouraged to increase their daily physical activity by tracking the number of steps they take each day using a smartphone, smartwatch, or health application. Participants can choose a goal based on their activity level and work toward achieving it throughout the challenge. The activity promotes healthy habits, supports physical and mental wellbeing, and encourages movement as a simple way to reduce sedentary behavior and boost energy levels.

October 11–16

Wellbeing Capsules: Inner Balance – Tools to Help You Feel Better

A series of brief wellbeing capsules designed to help employees strengthen their emotional wellbeing through practical and accessible self-care strategies. The content focuses on building self-awareness, managing stress, cultivating resilience, and developing healthy habits that support greater balance and overall wellbeing both at work and in daily life.

October 18–23

Budgeting Workshop

This workshop helps employees understand the connection between financial wellbeing and mental health, highlighting how financial stress can affect emotional wellbeing, productivity, and quality of life. Participants will learn the fundamentals of budgeting, the importance of feeling in control of their finances, and practical steps to create and maintain a personal budget that supports financial stability and peace of mind.

October 18–23

Savings Challenge

Employees are encouraged to establish a personal savings goal for the week and set aside a small amount of money each day while tracking their progress. The challenge aims to promote healthy financial habits, increase awareness of saving behaviors, and reinforce the positive impact that financial wellbeing can have on overall wellness. Participants can join individually or as part of a team, fostering motivation and engagement through friendly competition.

October 18–23

Wellbeing Capsules: Financial Education in the Corporate Environment — Finance for Non-Financial Professionals

This wellbeing capsule introduces employees to fundamental financial concepts in a simple and practical way, regardless of their professional background. Participants will gain a better understanding of personal and corporate financial principles, develop greater confidence in financial decision-making, and learn strategies that support both financial wellbeing and overall peace of mind.

**October 24–31**

Mental Health as a Key Element in High-Performing Teams

This session highlights the importance of mental health in creating productive, engaged, and resilient teams. Participants will explore the connection between emotions and workplace performance, learn to recognize common warning signs of mental health challenges, and discover practical strategies to support their own wellbeing and contribute to a healthier work environment.

October 24–31

Networking Challenge

Employees are encouraged to connect with colleagues they do not know well or with whom they rarely interact. Through intentional conversations, participants expand their professional network, strengthen cross-functional relationships, and foster a greater sense of community and collaboration. To document participation, employees may take a photo or record each interaction, and the participant with the highest number of new connections at the end of the challenge is recognized.

October 24–31

Wellbeing Capsules: Series V — Building Positive Connections

This series of wellbeing capsules focuses on the importance of building and maintaining positive relationships in both personal and professional settings. Through practical tips and reflective content, employees will learn how healthy connections contribute to emotional wellbeing, collaboration, resilience, and a stronger sense of belonging in the workplace.

October 24–31

Mental Health Month Closing Gathering

This closing event provides employees with an opportunity to come together in an informal and welcoming environment to reflect on their experiences throughout Mental Health Month. Over coffee, refreshments, or a light snack, participants can share key learnings, personal insights, and highlights from the activities they joined, reinforcing the importance of wellbeing, connection, and ongoing mental health conversations in the workplace.





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](#)