

Are you caring for a child with a learning, social, or behavioral challenge, or a developmental disability?

The IMF offers Rethink, a benefit program that provides 24/7 access to tools and resources to help you understand, teach, and communicate better with your child.

- 17% of parents are caring for a child with special needs
- More than half of these caregivers experience 2.4x higher rates of anxiety and depression than their peers and need help managing that stress.

Rethink gives you practical tools and recommendations that help you feel more confident, competent, and in control.

Enroll today at <http://WesternUnion.rethinkbenefits.com> • Code: **WesternUnion**

What Rethink participants are saying:

“By providing Rethink, my employer shows me that they not only care about employees, but their families as well. I feel it also sends employees a great message that mental and emotional health should be paid attention to. That it is okay to have issues like this.”

–Rethink Participant

“Webinars and calls with teleconsultation experts are just a few of the Rethink resources provided that improve my overall emotional health and resiliency.”

–Rethink Participant

“When you are concerned about something with your kids, you can feel very overwhelmed and lonely sometimes. It's great to have a positive place to go and learn, ask questions, and get great advice!”

–Erin, Rethink Participant

