

Associate Mental Health and Resilience at Mars

A Mars Case Study for the Global Learning Mechanism



MARS

Associate Mental Health and Resilience at Mars



(In their own words)

At Mars, the **mental health and resilience of our Associates is paramount**. We recognize the significant impact the pandemic and recent events continue to have on all of us, our families, friends and communities. Which is why today, we're **committed to doing all we can to help Associates maintain and manage positive mental health**, so that tomorrow, we can achieve our goal of a **healthy & energized culture throughout Mars**.

Mental Health Awareness in Action at Mars



(In their own words)

In 2020, Mars accelerated a project to expand our **Associate Assistance Program** to a further **17000 Associates in 58 new countries** ensuring access to practical and psychological support for all our Associates at this challenging time.

In 2021, we continued our commitment to promoting good Associate mental health, launching our **“How Are You?” campaign**, breaking down the stigma around mental health and **providing Managers with the tools they need** to check in regularly with their teams.



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