



LUMEN®

## Retiree Benefits News

### Suicide Prevention Month: A message of hope for Retirees

September is Suicide Prevention Month—a time to raise awareness, foster connection, and remind each other that help is always available. While retirement is often seen as a time of rest and reflection, it can also bring unexpected challenges: changes in routine, loss of identity, health concerns, or feelings of isolation. These experiences are valid—and you're not alone.

### Mental Health matters at every age

Mental health is just as important in retirement as it is during working years. In fact, older adults may face unique emotional stressors, including:

- Grief and loss of loved ones or peers
- Chronic health conditions or mobility limitations
- Loneliness or social isolation
- Financial stress or uncertainty
- Loss of purpose or identity after leaving the workforce

These factors can contribute to depression or anxiety, and in some cases, suicidal thoughts. But there is hope—and there is help.

### Know the signs

Recognizing the signs of emotional distress in yourself or others can be lifesaving. These may include:

- Expressing feelings of hopelessness or being a burden
- Withdrawing from social activities or loved ones
- Changes in sleep, appetite, or mood
- Talking about death or suicide
- Giving away possessions or saying goodbye

If you notice these signs in yourself or someone else, please reach out.

### You are not alone

There are many resources available to support retirees and older adults:

- 988 Suicide & Crisis Lifeline: Call or text 988 for free, confidential support 24/7
- Veterans Crisis Line: Dial 988 and press 1 for veterans support
- Local senior centers and community programs often offer mental health workshops and peer support groups

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The information in this article is intended to provide guidance about the retiree benefit plans presently sponsored by Lumen Technologies, Inc. and doesn't waive any reserved rights the company has with regard to the plans for their benefits, nor does this affect the terms of the written agreement specific to Legacy Qwest Pre-1991 and Legacy Qwest ERO'92 retirees. If there is any difference between the information in this article and the terms of the official plan documents, the terms of the official plan documents will govern. If you have any questions regarding your benefits, please consult the Annual Enrollment Summary of Material Modifications (SMM), the Summary Plan Description and prior SMM's, or call the claims administrator for the plan or the Service Center directly.

**Connection is key**

Sometimes, the most powerful thing we can do is simply check in. A phone call, a coffee date, or a handwritten note can make a world of difference. If you're struggling, please talk to someone. If you're doing well, consider reaching out to someone who might not be.

**Your story matters**

Retirement is a new chapter, not the end of the book. You have wisdom, experience, and value that enrich our community. Let's continue to support one another, speak openly about mental health, and remind each other: there is always hope.