

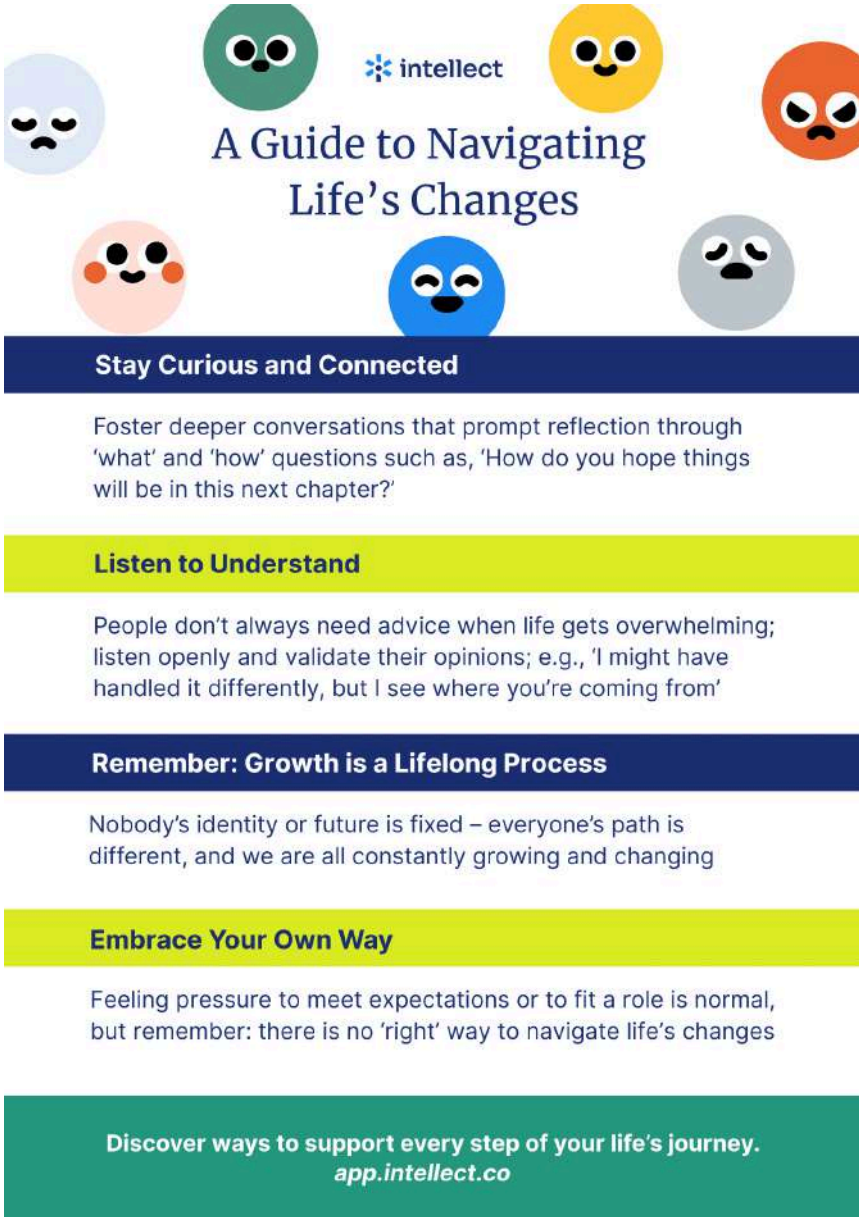
Managing Transitions

Available in English, Simplified Chinese, Traditional Chinese, Thai, Vietnamese, Japanese, Korean, Bahasa Indo, Spanish, Portuguese (Brazilian), Bahasa Melayu

As August marks Youth Mental Health Month, this campaign highlights the importance of recognising life’s transitions at every age. It encourages self-reflection while sharing simple ways to navigate personal changes as well as support the younger generation through similar shifts.

How to use: Copy the text below and attach the image as shown. Edit the text in red and delete the yellow highlighted text. Send over chat (e.g. Teams, Slack, Whatsapp, Telegram etc.) to your whole organisation. You may also include this in your company-wide newsletter.

Suggested send date: 4 August 2025

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<p>Life is full of transitions – and they don’t stop when we grow up. Whether it’s navigating a new environment, entering parenthood, or adjusting to retirement, change can be overwhelming at any age. The good news is there are ways to support ourselves and others through it.</p> <p>This Youth Mental Health Month, take a moment to reflect on how your transitions have shaped you. Then, explore how you can be a source of support for the younger people around you who are going through similar shifts.</p> <p>Together with Intellect, our wellbeing benefit, discover simple ways to show up, listen with empathy, and grow through life’s changes no matter where you are on your journey.</p> <p>If you haven’t already, get started with Intellect on desktop/ mobile to start booking a coaching/ care/ holistic session.</p> <p>On Web</p> <ol style="list-style-type: none"> 1. Visit app.intellect.co (please hyperlink here) 2. Enter access code CODE*/ Click "Continue with SSO"*** 3. Create your account using your work email address <p>On App</p> <ol style="list-style-type: none"> 1. Select 'I'm new here', then 'With your organisation' 2. Use the code CODE*/ Click "Continue with SSO"*** 3. Sign up using your work email address <p>*please use your organisation's unique access code **for organisations with SSO only</p>	<p>Select either the PNG, PDF or GIF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version GIF version</p>  <p>The graphic features the Intellect logo at the top center, surrounded by several colorful circular icons representing different emotions: a blue sad face, a green neutral face, a yellow happy face, a red angry face, a pink happy face, a blue happy face, and a grey sad face. Below the icons, the title "A Guide to Navigating Life's Changes" is written in a blue serif font. Underneath the title, there are three sections with colored headers: a dark blue header "Stay Curious and Connected" with text "Foster deeper conversations that prompt reflection through 'what' and 'how' questions such as, 'How do you hope things will be in this next chapter?'; a yellow header "Listen to Understand" with text "People don't always need advice when life gets overwhelming; listen openly and validate their opinions; e.g., 'I might have handled it differently, but I see where you're coming from'; and another dark blue header "Remember: Growth is a Lifelong Process" with text "Nobody's identity or future is fixed – everyone's path is different, and we are all constantly growing and changing". At the bottom, there is a green header "Embrace Your Own Way" with text "Feeling pressure to meet expectations or to fit a role is normal, but remember: there is no 'right' way to navigate life's changes". A final dark green footer contains the text "Discover ways to support every step of your life's journey. app.intellect.co".</p>

Simplified Chinese

Copy	Images to attach
<p>人生充满了各种转变，这些转变不会因为我们长大就停止。无论是进入一个新的环境、初作父母，还是步入退休生活，每个阶段的变化都可能让</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p>

人感到力不从心。但好消息是，总有一些方法可以帮助我们自己、帮助他人从容应对这些转变。

在这个青少年心理健康月，花点时间回想一下你曾经历过的转变，以及这些经历对你有何影响，然后了解你如何为身边正在经历类似转变的年轻人提供坚定而温暖的支持。

无论你身处人生的哪个阶段，都可以和我们的健康助手 Intellect 一起，寻找一些展现自我的简单方法，学会倾听、陪伴，接受人生变化的洗礼，一步一步长大。

如果还没用过Intellect，现在就用 **电脑或手机** 开始体验，预约 **辅导、关怀或整体健康** 服务吧。

🖥️ 电脑端

1. 访问 app.intellect.co (please hyperlink here) 并点击“注册”
2. 输入访问码 **CODE*** / “使用 **SSO** 登录”**
3. 使用您的工作邮箱创建账户

📱 手机端

1. 选择“**I'm new here**”，然后选择“**With your organisation**”
2. 输入访问码 **CODE*** / 点击“**Continue with SSO**”**
3. 使用您的工作邮箱注册

*请使用您公司/机构的专属访问码

仅适用于已启用 **SSO 单点登录的公司/机构

[PNG version](#)

[PDF version](#)

Traditional Chinese

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🗨️ 人生總是充滿變化—而這些轉變不會因為我們長大了就停止。無論是適應新環境、成為父母，或是步入退休生活，每個階段的改變都可能讓人感到壓力山大。好消息是，我們都能學會照顧自己，也支持身邊的人一起度過。

在這個青少年心理健康月，花點時間回想你自己曾經經歷的轉變，以及這些經歷如何影響了現在的你。然後，思考你可以怎麼為身邊正經歷類似改變的年輕人，成為他們穩定的支持力量。

結合我們的心理健康福利—Intellect，一起探索那些簡單卻有力的方法，陪伴、用同理心傾聽，無論你人生處在哪個階段，都能一起自在地面對生活中的轉變。

🌐 網頁版

1. 瀏覽 app.intellect.co (please hyperlink here) 然後按一下「註冊」
2. 輸入登入代碼 **CODE*** / 點擊「使用 **SSO** 登入」**
3. 使用你的工作電子郵件創建帳戶

📱 App版

1. 選擇「**I'm new here**」，然後選擇「**With your organisation**」
2. 輸入登入代碼 **CODE*** / 點擊「**Continue with SSO**」**
3. 使用你的工作電子郵件創建帳戶

*請使用你所在企業的唯一登入代碼

**只限支持單一登入的企業

Images to attach

Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.

[PNG version](#)

[PDF version](#)

Thai

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ชีวิตเต็มไปด้วยการเปลี่ยนแปลง และไม่ได้หยุดอยู่กับที่เมื่อเราโตเป็นผู้ใหญ่ ไม่ว่าจะเป็นการเริ่มต้นในสภาพแวดล้อมใหม่ ๆ การเป็นพ่อแม่ หรือก้าวสู่ชีวิตหลังเกษียณ ทุกช่วงวัยต่างต้องเจอกับความท้าทายในการปรับตัว ชาวดีคือ เรายังมีวิธีที่จะดูแลตัวเอง และคอยสนับสนุนคนรอบข้างได้เสมอ

ในเดือนแห่งการตระหนักรู้ด้านสุขภาพจิตสำหรับเยาวชนนี้ หยุดพักแล้วลองนึกถึงช่วงเปลี่ยนผ่านในชีวิตคุณ สิ่งเหล่านั้นหล่อหลอมคุณอย่างไร จากนั้น ลองดูว่าคุณจะเป็นพลังบวกให้กับคนรุ่นใหม่ที่กำลังเจอเรื่องที่คุณคลั่งคลุ้งได้อย่างไร

มาร่วมกับ Intellect ค้นหาวินัยง่าย ๆ ที่จะรับฟังด้วยใจ เห็นอกเห็นใจ และเติบโตไปพร้อมกันในทุกช่วงชีวิตกันเลย

หากคุณยังไม่ได้เริ่มใช้งาน Intellect ใน **เดสก์ท็อป/ โนบาย** เพื่อเริ่มต้นการจองเซสชัน **การฝึกสอน/ การดูแล/ องค์กรรวม**

ผ่านเว็บไซต์

1. เข้าไปที่ app.intellect.co (please hyperlink here) และคลิก "สมัครใช้งาน"
2. ป้อนรหัสสิทธิ์เข้าถึง CODE*/ คลิกที่ "ดำเนินการต่อด้วย SSO"***
3. ใช้อีเมลที่ทำงานของคุณเพื่อสร้างบัญชี

ผ่านแอป

1. เลือก "I'm new here" ตามด้วย "With your organisation"
2. ใช้อีเมล CODE*/ คลิกที่ "Continue with SSO"***
3. ใช้อีเมลที่ทำงานของคุณเพื่อสมัครใช้งาน

*โปรดใช้อีเมลที่เข้าถึงขององค์กรของคุณโดยเฉพาะ

**สำหรับองค์กรที่ใช้ระบบ SSO เท่านั้น

Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.

[PNG version](#)

[PDF version](#)

Vietnamese

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<p>Cuộc sống luôn xoay vần, hành trình đó không dừng lại khi ta trưởng thành. Dù là làm quen với môi trường mới, bước vào hành trình làm cha mẹ hay bước vào tuổi nghỉ hưu, mỗi giai đoạn đều có thể khiến ta thấy choáng ngợp. Tin vui là chúng ta có nhiều cách để chăm sóc bản thân và hỗ trợ những người xung quanh vượt qua những thay đổi này.</p> <p>Nhân Tháng sức khỏe tinh thần thanh thiếu niên, hãy dành một chút thời gian để nhìn lại những bước chuyển biến bạn từng trải qua và cách chúng định hình con người bạn hôm nay. Sau đó, hãy cùng xem bạn có thể trở thành chỗ dựa tinh thần cho những người trẻ đang trải qua điều tương tự như thế nào.</p> <p>Cùng Intellect khám phá những cách đơn giản để lắng nghe, đồng cảm và cùng nhau trưởng thành qua từng giai đoạn của cuộc sống.</p> <h4>Trên máy tính</h4> <ol style="list-style-type: none">1. Truy cập app.intellect.co (please hyperlink here) và nhấp vào "Đăng ký"2. Nhập mã truy cập CODE* / Nhấn "Tiếp tục với Đăng nhập một lần (SSO)"***3. Tạo tài khoản bằng email công việc của bạn <h4>Trên ứng dụng</h4> <ol style="list-style-type: none">1. Chọn "I'm new here", sau đó chọn "With your organisation"2. Nhập mã truy cập CODE* / Nhấn "Continue with SSO"***3. Đăng ký bằng email công việc của bạn <p>*mã truy cập duy nhất sẽ do tổ chức của bạn cung cấp</p> <p>**áp dụng cho tổ chức dùng SSO</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version</p> <p>PDF version</p>

Japanese


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<p>🗨️ 人生は、どの年代でも変化の連続です。新しい環境への適応、子育ての始まり、退職の準備など、変化はときに大きなストレスになるものです。ですが、そんな変化を乗り越える方法、そして変化に直面している誰かを支える方法は必ずあります。</p> <p>今月は「ユース(若者)メンタルヘルスマンモ」です。これまであなたが経験してきた人生の転機と、その出来事がどのように今のあなたを形作ってきたかを、少し振り返ってみませんか？そして、今まさに似たような悩みや変化の中にいる若者に、私たち大人がどんなサポートができるかを考えてみましょう。</p> <p>Intellectとともに、思いやりの気持ちで耳を傾け、支え合いながら、変化の中で前向きに成長していくヒントを見つけてみてください。</p> <p>まだIntellectを始めていない方は、デスクトップまたはスマホから コーチング / ケア / ホリスティック セッションをご予約ください。</p> <p>📱 ウェブ版</p> <ol style="list-style-type: none">1. app.intellect.coにアクセス (please hyperlink here) そして「続ける」をクリック2. アクセスコードCODEを入力* / 「SSOで続ける」**をクリック3. 勤務先のメールアドレスを使用してアカウントを作成 <p>📱 アプリ版</p> <ol style="list-style-type: none">1. 「アカウントを作成」を選択し、「組織コード」を選択2. アクセスコードCODEを入力* / 「SSOで続ける」**をクリック3. 勤務先のメールアドレスを使用してサインアップ <p>*組織固有のアクセスコードを使用してください。 **SSOを持つ組織のみ</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

Korean


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<p>🗨️ 삶은 끊임없는 변화의 연속이에요. 어릴 때나 어른이 되어서도 새로운 환경에 적응하고, 부모가 되거나, 은퇴 후의 삶을 준비하는 등 다양한 변화를 겪게 됩니다. 변화는 나이와 상관없이 누구에게나 벅차게 느껴질 수 있어요. 하지만 다행인 것은 우리 자신과 주변 사람들을 위해 할 수 있는 일이 있다는 거예요.</p> <p>청소년 정신 건강의 달을 맞아, 지금까지 겪은 변화를 되돌아보며 그 경험이 나에게 어떤 영향을 미쳤는지 생각해 보는 건 어떨까요? 그리고 현재 비슷한 변화를 겪고 있는 주변의 청소년들에게 내가 어떤 힘이 되어줄 수 있을지도 고민해 보세요.</p> <p>우리의 웰빙을 실천하는 Intellect와 함께라면, 삶의 어떤 여정에 있던 변화의 순간마다 곁에서 따뜻한 마음으로 공감하며 성장해 나갈 수 있는 간단한 방법들을 찾을 수 있을 거예요.</p> <p>아직 하지 않으셨으면 컴퓨터 / 모바일 기기에서 Intellect로 시작하여 코칭 / 케어 / 종합 세션 예약을 시작해 보세요.</p> <p>📱 웹 버전</p> <ol style="list-style-type: none">1. app.intellect.co에 방문합니다 (please hyperlink here) 를 클릭하고 “로그인”을 클릭합니다	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

<p>2. 활성화 코드 CODE를 입력합니다*/ “SSO로 계속”을 클릭합니다**</p> <p>3. 자신의 직장 이메일 주소를 사용하여 계정을 만듭니다</p> <p>앱 버전</p> <ol style="list-style-type: none"> 1. “I’m new here”를 선택한 다음, “With your organisation”을 선택합니다 2. 활성화 코드 CODE를 사용합니다*/ “Continue with SSO”을 클릭합니다** 3. 자신의 직장 이메일 주소를 사용하여 가입합니다 <p>*조직의 고유 활성화 코드를 사용하십시오 **SSO를 사용하는 조직만 해당합니다</p>	
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Bahasa Indo

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<p> Hidup adalah rangkaian perubahan – dan hal itu tidak berhenti seiring bertambahnya usia. Baik saat memulai babak baru di lingkungan yang asing, menjadi orang tua untuk pertama kalinya, maupun memasuki masa pensiun, perubahan bisa terasa menantang di tahap mana pun dalam hidup. Kabar baiknya, selalu ada cara untuk menguatkan diri sendiri dan orang-orang di sekitar kita.</p> <p>Di Bulan Kesehatan Mental Remaja ini, mari luangkan waktu untuk merenungkan perubahan yang telah kamu lalui dan bagaimana perubahan tersebut membentuk dirimu hari ini. Lalu, pikirkan bagaimana kamu bisa menjadi pendamping yang penuh empati bagi generasi muda yang sedang mengalami hal serupa.</p> <p>Bersama Intellect, program dukungan kesehatan mental kita, temukan cara-cara sederhana untuk hadir, mendengarkan dengan empati, dan tumbuh bersama dalam setiap fase kehidupan.</p> <p>Jika belum, mulailah dengan Intellect di perangkat desktop/ seluler untuk memesan sesi pelatihan/ perawatan/ holistik.</p> <p>Di Web</p> <ol style="list-style-type: none"> 1. Kunjungi app.intellect.co (please hyperlink here) dan klik “Lanjutkan” 2. Masukkan kode akses KODE*/ Klik “Lanjutkan dengan SSO”** 3. Buat akun menggunakan alamat email kantor Anda <p>Di Aplikasi</p> <ol style="list-style-type: none"> 1. Pilih “I’m new here”, lalu “With your organisation” 2. Masukkan kode akses KODE*/ Klik “Continue with SSO”** 3. Daftar menggunakan alamat email kantor Anda <p>*harap gunakan kode akses unik organisasi Anda **hanya bagi organisasi yang memiliki SSO</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

Spanish

Copy	Images to attach
<p> La vida está llena de cambios, y no se detienen cuando crecemos. Ya sea adaptarse a un nuevo entorno, convertirse en padre o madre, o jubilarse, cualquier etapa puede sentirse abrumadora. La buena noticia es que hay formas de cuidarnos y de apoyar a quienes nos rodean en esos momentos.</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version</p>




<p>Este Mes de la Salud Mental Juvenil, tómate un momento para reflexionar sobre las transiciones que has vivido y cómo te han formado. Luego, piensa en cómo puedes ser un apoyo constante para las personas jóvenes a tu alrededor que atraviesan momentos similares.</p> <p>Junto a Intellect, descubre maneras sencillas de escuchar con empatía, acompañar y crecer a lo largo de los cambios de la vida.</p> <p>Si aún no lo has hecho, comienza con Intellect en tu computadora o celular y agenda tu sesión de coaching/ bienestar/ cuidado holístico.</p> <p>En la web</p> <ol style="list-style-type: none"> 1. Visita app.intellect.co. (please hyperlink here) y haga clic en "Inscribirse" 2. Ingresa el código de acceso CODE* o selecciona "Continuar con SSO".**. 3. Crea tu cuenta con tu correo electrónico laboral. <p>En la app</p> <ol style="list-style-type: none"> 1. Selecciona "I'm new here" y luego "With your organisation". 2. Ingresa el código CODE* o selecciona "Continue with SSO".**. 3. Regístrate con tu correo electrónico laboral. <p>*Usa el código único de acceso de tu empresa. **Solo para empresas con SSO.</p>	<p>PDF version</p>
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Portuguese (Brazilian)

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<p>🗨️ A vida é cheia de mudanças – e elas não param quando a gente cresce. Seja começando em um novo ambiente, tornando-se pai ou mãe ou se preparando para a aposentadoria, lidar com mudanças pode ser desafiador em qualquer fase. A boa notícia é que existem formas de cuidar de nós mesmos e apoiar quem está ao nosso redor nesses momentos.</p> <p>Neste Mês da Saúde Mental Jovem, reserve um tempo para refletir sobre as transições que você já viveu e como elas ajudaram a moldar quem você é hoje. Depois, pense em como você pode ser um ponto de apoio para os jovens à sua volta que estão passando por situações parecidas.</p> <p>Junto com a Intellect, descubra maneiras simples de estar presente, ouvir com empatia e crescer com as mudanças da vida.</p> <p>Se você ainda não o fez, comece a usar o Intellect no desktop/ celular e agende uma sessão de treinamento/ cuidados/ holística.</p> <p>Na Internet</p> <ol style="list-style-type: none"> 1. Acesse app.intellect.co (please hyperlink here) e clique em "Cadastrar-se" 2. Insira o código de acesso CÓDIGO*/ Clique em "Continuar com o SSO".** 3. Crie sua conta usando seu endereço de e-mail de trabalho <p>No aplicativo</p> <ol style="list-style-type: none"> 1. Selecione "I'm new here" e em seguida "With your organisation" 2. Utilize o código CÓDIGO*/ Clique em "Continue with SSO".** 3. Registre-se usando seu endereço de e-mail de trabalho 	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

***use o código de acesso exclusivo da sua organização**
****somente para organizações com SSO**

Bahasa Melayu

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<p> Hidup penuh dengan perubahan – dan ia tidak berhenti walaupun kita sudah dewasa. Sama ada menyesuaikan diri di tempat baru, menjadi ibu bapa, atau menghadapi persaraan, perubahan boleh menjadi sangat mencabar di usia apa sekalipun. Berita baiknya, terdapat banyak cara untuk menjaga diri sendiri dan menyokong orang sekeliling kita melalui perubahan ini.</p> <p>Sempena Bulan Kesihatan Mental Belia ini, ambil sedikit masa untuk fikirkan tentang perubahan yang pernah anda alami, dan bagaimana ia membentuk diri anda hari ini. Kemudian, fikirkan bagaimana anda boleh menjadi sumber sokongan bagi golongan muda di sekeliling anda yang sedang melalui perkara yang sama.</p> <p>Bersama Intellect, ketahui cara mudah untuk mendengar dengan empati, hadir dengan ikhlas, dan berkembang melalui setiap perubahan dalam hidup.</p> <p>Jika anda belum bermula, dapatkan Intellect pada komputer/ alat mudah alih anda untuk menempah sesi bimbingan/ penjagaan/ menyeluruh.</p> <p> Di Web</p> <ol style="list-style-type: none">1. Lawati app.intellect.co (please hyperlink here)2. Masukkan kod akses CODE*/ Klik "Continue with SSO"3. Cipta akaun menggunakan alamat e-mel kerja anda <p> Di Aplikasi</p> <ol style="list-style-type: none">1. Pilih 'Saya pengguna baru', kemudian 'Dengan organisasi anda'2. Masukkan kod CODE*/ Klik "Continue with SSO"3. Daftar menggunakan alamat e-mel kerja anda <p>*sila gunakan kod akses unik organisasi anda **hanya untuk organisasi dengan SSO</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>