

February Mental Health and Wellness Theme:
Psychology Month

“Psychology is rooted in science that seeks to understand our thoughts, feelings and actions. It is a broad field – some psychology professionals develop and test theories through research while others work to help individuals, organizations, and communities function better. “ For full website information click [here](#).

Check out the Fact Sheet by clicking [here](#). Quick links and information about:

- Emergencies, Disasters and Violent Events
- Corona Virus (COVID-19)
- Addictions
- Anxiety
- Chronic Illness
- Dementia
- Developmental Disorders
- Mood Disorders
- MUCH, MUCH MORE!!!!

STF Members don't forget to check out our new benefits at [GSC](#)

- Remember you will need to have your personal Login Information to access your benefits.
- Don't forget to upload their app to your smartphone as well!
- If you need more support check out STF [MFAP](#) benefits!