



May 2024

## **Rescued by Resources**

How one employee battled anxiety and depression using Northrop Grumman's support and resources.

Read Now >>



**Always a Helping Hand** 

Support services and resources for you and your loved ones.

Read Now >>



A Credit Union by Employees, for Employees

Explore financial products and services from the Northrop Grumman Federal Credit Union (NGFCU).

Read Now >>



**Tipping the Balance** 

Work/life balance is more attainable with these strategies and resources.

Read Now >>



## WEBINAR SPOTLIGHT

May 15 • Noon and 3 p.m. ET **Five Money Musts** 

Register Now >>

May 16 • Noon ET

Real Talk About Mental Health

Panel Moderated by Ann Addison,

Chief Human Resources Officer

Register Now >>

View full list of <u>Total Rewards webinars</u> to support your well-being.

## **Special** Announcements



Northrop Grumman received the 2024 Business Group on Health Best Employers: Excellence in Health & Well-being Award. <u>Learn</u> how our programs and resources are advancing employee well-being.



May is National Mental Health Awareness Month. Throughout the month, you can visit the <u>Total Rewards Gateway</u> to learn about the resources available to you and your family, including confidential counseling, work/life solutions and digital tools.

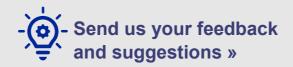


New publication schedule! THRIVE will now be released quarterly with the same great content focused on employee stories, well-being news and resources that help you and your family thrive. Keep an eye out for our next issue in Q3!

## **DID YOU KNOW?**

Your personalized Total Rewards Statement shows the complete value of your overall compensation and benefits package from Northrop Grumman.

Access it at any time through the **Total Rewards Gateway**.



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Stay Healthy, Live Well and Thrive at Northrop Grumman