



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 [Total Rewards webinars](#) to support your well-being.

Special Announcements



Northrop Grumman received the 2024 Business Group on Health Best Employers: Excellence in Health & Well-being Award. [Learn](#) how our programs and resources are advancing employee well-being.



May is National Mental Health Awareness Month. Throughout the month, you can visit the [Total Rewards Gateway](#) 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](#).



Send us your feedback
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Stay Healthy, Live Well and Thrive at Northrop Grumman