

EMAIL ANNOUNCEMENT

Subject Line: May is Mental Health Month at [ORGANIZATION]!

Dear Team,

May is Mental Health Month, dedicated to prioritizing our well-being and promoting open conversations about mental health. At [ORGANIZATION], we recognize the importance of mental health and its impact on our personal and professional lives.

This year's theme, [Where to Start: Mental Health in a Changing World](#), reminds us that dealing with life's pressures can be overwhelming, and everyone deserves to feel supported and empowered to seek help when needed.

Throughout May, we will host various events and initiatives to raise awareness, encourage self-care, and connect you with resources. These initiatives include: [EDIT TO FIT YOUR ORGANIZATION, EXAMPLES LISTED BELOW]

- Guest speaker sessions to hear from experts about mental health conditions, coping mechanisms, and maintaining mental well-being;
- Wellness workshops to learn techniques for managing stress and improving focus;
- Lunch & Learn sessions to explore topics like healthy well-being habits, emotional intelligence, and navigating difficult conversations; and
- A Workplace Wellness Fair to discover local mental health services and support organizations.

Now is the perfect time to learn more about the benefits and resources we offer to support workers' mental health and well-being. At [ORGANIZATION], we're proud to offer: [EDIT TO FIT YOUR ORGANIZATION, EXAMPLES LISTED BELOW]

- An open and honest workplace culture that encourages conversations about mental health;
- An Employee Assistance Program (EAP) with confidential counseling services available 24/7 for all workers and their families;
- An active mental health employee/business resource group that builds community and improves available support; and
- In-person/virtual mental health support groups that connect colleagues in a safe and confidential space to share experiences.

We encourage you to participate in these activities and use the available benefits and resources to support you and your families. Stay tuned for more information about specific events and registration details.

In the meantime, you can visit [CUSTOMIZE, FOR EXAMPLE] our [Mental Health Resources page on the intranet](#) or mhanational.org for more information. Please get in touch with your manager or [CONTACT NAME] at [CONTACT EMAIL] with any questions.

Let's make May a month of mental health awareness, support, and action at [ORGANIZATION]!

Sincerely,

[Your Name/Company Leadership]