



MENTAL HEALTH MATTERS

Content Areas: Body, Health Care, Mind, Psychological Safety, Self-Care

Duration: Four Weeks

Description: Anxiety, depression and trauma are more common than you may realize – and it’s important that we continue to normalize the conversation around mental and social-emotional health at work, at home and all the spaces in between.

Look forward to a safe, supportive conversation around mental health, recognizing when you or someone may need care and accessing valuable resources.

Overview:

- Part 1 – Cultivate: Develop Awareness & Understanding Around the Importance of Prioritizing Mental Health
- Part 2 – Explore: Consider the Myriad of Factors Influencing Mental Health
- Part 3 – Support: Help Yourself and Others through Intentional Use of Integrative Tools & Treatments
- Part 4 – Connect: Strengthen Relationships, Workplace Culture & Increase Access to Community Resources

Key Components:

- Resources – Weekly, themed encouragement email with electronic curriculum/handouts
- Support – Unlimited access to Wellness Specialist; weekly 45-minute onsite or virtual group meeting

Investment: Starting from \$1,250