



2024 Mental Health Awareness Month



Mental Health Focus Areas

Living Well with Stress, Anxiety, and Depression

- **Week 1:** Healthy coping strategies
- **Week 2:** Accessing care and resources
- **Week 3:** Supportive communication (for managing work stress/anxiety)
- **Week 4:** Supportive communities / relationships

Watch for additional opportunities to engage in mental health activities and conversations throughout the year.



Engage in Your Mental Health

- **Weekly emails:** We'll kick off each week with a campaign email focused on a specific topic and details about opportunities to engage.
- **Mindful Minutes for Self-Care Challenge:** 4-week challenge starting Monday, May 6
- **Webinars and events:** Brief learning opportunities related to weekly topics including opportunities to engage with Employee Resource Groups (ERGs)
- **Resource highlights:** Raise awareness about mental health resources available to you.
- **Online connection and micro-learning opportunities:** Opt into the Mental Health Awareness Teams space for regular bite-size information and opportunities to engage in mental health conversations.

Mental Health Awareness on MS Teams

- Microsoft Teams for Mental Health Awareness
 - Stay connected with upcoming activities.
 - Engage in conversations.
 - Share resources.
- Opt-in engagement opportunity. Links to join will be available on the Healthy Life site and in the campaign emails.



Please provide gracious space as we practice using this tool to engage with each other on mental health topics. Do not post PHI or personal sensitive information, as posts cannot be deleted.