

**Notice.
Talk.
Act.**

at Work



Mental Health Awareness Month Blurb for HR Newsletters

Mental Health Awareness Month: Employee Well-Being at Work

May marks Mental Health Awareness Month, a time to recognize the importance of mental well-being and reduce the stigma that can prevent people from seeking support. In the workplace, mental health is just as essential as physical health, influencing how we think, feel, connect with others, and perform in our roles.

This month serves as a reminder to foster a culture of compassion and support. Whether it's encouraging time off, sharing helpful resources, or simply checking in with colleagues, small actions can make a meaningful difference. By prioritizing mental health, we not only support individual well-being but also build stronger, more resilient teams.

Revisit the resources available to you through our company's benefits system: **[link to internal resources]**.

For additional tools and guidance, explore the many resources available through the APA Foundation's Center for Workplace Mental Health at workplacementalhealth.org, including actionable strategies, evidence-based insights, and employee-focused tools designed to foster healthier, more supportive workplaces.

