



Mental Health Awareness Leadership Email Template

[Greeting]

As we begin May, I want to take a moment to recognize Mental Health Awareness Month, a time dedicated to increasing understanding, reducing stigma, and supporting one another's well-being.

At **[Company Name]**, we believe that mental health is just as important as physical health. The way we feel, cope with stress, and connect with others has a direct impact on both our personal lives and our work.

Throughout this month, we'll be sharing resources, tools, and opportunities to engage in conversations around mental health. These will include **[examples: NTA training, weekly themes, webinars, self-care tips, employee stories, or manager toolkits]**. I encourage you to take advantage of anything that resonates with you and to support your colleagues in doing the same.

We also want to remind you of the resources available to you year-round, including **[EAP/mental health benefits/wellness platforms]**. If you're ever feeling overwhelmed or need support, please know you don't have to navigate it alone.

As leaders and teammates, we all play a role in fostering a workplace where people feel safe to be themselves. Sometimes that starts with something small—checking in with a colleague, taking a break when needed, or simply acknowledging that it's okay to not be okay.

Thank you for being part of a community that values well-being and looks out for one another.

With appreciation,

[Leader Name]

[Title]