

# Show your employees how much you care about their mental health

This toolkit can get you started



Your employees' mental health is just as important to their overall well-being as their physical health. However, employees may not know where to turn to find confidential help. This toolkit was created to provide you with materials that promote mental health resources through your Employee Assistance Program (EAP). From a wellness tracker to emails reminding employees to make time for themselves, the toolkit has something for everyone.

Select the links below to easily access the toolkit materials that can be shared with your employees.



## #MeMinutes & Virtual Walk email

Encourage employees to participate in daily #MeMinutes activities and the virtual walk. Kick off an entire month of activities focused on your employees and their mental health.



## Digital postcard

Email or send this to your employees to remind them of the resources available to them, including EAP. Update the content to specifically call out your EAP website or phone number.



## #MeMinutes tracking calendar

Share this interactive PDF with employees to track daily #MeMinutes activities.



## Poster/flyer

Print or send this to your employees as a reminder of the resources available.



## #MeMinutes postcard/selfie sign

Employees can use this postcard to share their #MeMinutes activities with family and friends or on social media using #MeMinutes.



## Screensaver

Email this computer screensaver to your employees so they can use it for a daily reminder.



## #MeMinutes web banner

Add this banner to your intranet, or email it to employees to remind them to track their #MeMinutes.



## Intranet/web banner

Provide daily inspiration and remind employees of the resources available by posting this to your intranet site.



## #MeMinutes Anthem Health Champions video

Email this video from the Anthem Foundation to your employees or post it to your intranet site. It features an NFL football player who has an inspirational message on what he does daily to promote his mental health.

## Articles

Share these articles through email or through a newsletter. You can also post them to your intranet site throughout the month of May to remind your employees of the support available.

- ▶ [Mental health stigma: Answers to common questions](#)
- ▶ [Mental health: Signs that someone may need help](#)
- ▶ [Mental health: Asking for help](#)