

Weekly 'Playbook' for Mental Health Awareness Month from Best Care EAP



May is Mental Health Awareness Month and Best Care EAP is your partner! Together we can raise awareness and encourage discussion about mental health within your workplace.

We've created this simple to implement promotion plan for you to facilitate at your workplace.

1) WEEKLY COMMUNICATION:

Pick one day each week and share the suggested resources for that week with your employees via your company intranet, handouts at meetings, all-employee email, etc.

2) MONTH-LONG INFO TABLE:

Set up information tables in common areas (entrance to lunch rooms, work areas, etc.) and place handouts, your company's summary of service flyer, Best Care EAP wallet cards, and brochures for employees. If you need wallet cards and brochures, please email our [Communications/Promotions Coordinator](#)

***NOTE:** The webinars listed are on-demand and to access them, you will need to first login at www.bestcareeap.org using your company username and password.

WEEK ONE:

Article to share: *In Such a Connected World, Why Are We Lonelier Than Ever?*

Webinar series*: Mental Health in the Workplace. Set the tone this month and learn why mental health is important, how to recognize mental health issues, and learn to care for your own mental health as well as support co-workers.

WEEK TWO:

Article to share: *The 'What-if' Thoughts and How to Deal with Them*

Webinar*: Level Up! Heard, Helped or Hugged. If you know someone who doesn't seem to be themselves maybe they need to be heard, helped or hugged.

WEEK THREE:

Article to share: *10 Ways to Become a More Positive Happy Person*

Webinar*: Level Up! Words Matter. Choosing and using the right words around mental health shows compassion, understanding and respect.

WEEK FOUR:

Article to share: *Cope with Stress by Building Resiliency*

Webinar*: Bounce Back Better: Build Your Resiliency. The more resilient you are, the less stress you may feel. Learn effective ways to build up resilience in yourself.

Want more resources like this to share? Visit the [Resource Hub/print materials](#)