

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



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

We've created this promotion plan for you.

1) WEEKLY COMMUNICATION:

Pick one day each week and share the suggested resources with your employees via your company intranet, handouts at meetings, all-employee email, etc. Encourage managers to share the resources with their teams.

2) MONTH-LONG INFO TABLE:

Set up information tables in common places like lunch rooms, work areas, etc. with your company's summary of service flyer, Best Care EAP wallet cards, and flyers for employees. If you need wallet cards and brochures, please email us at eap@bestcareeap.org.

***NOTE: To access the on-demand webinars, you'll, need your company username and password to log in to our website: www.bestcareeap.org.**

WEEK ONE:

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

Webinar*: Mental Health in the Workplace (series)
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: The 'What-if' Thoughts and How to Deal with Them

Webinar*: Heard, Helped or Hugged (6 minutes)
If you know someone who doesn't seem to be themselves, maybe they need to be heard, helped or hugged

WEEK THREE:

Article: Connecting with Positive People Can Help You Thrive

Webinar*: Words Matter (5 minutes)
Choosing and using the right words around mental health shows compassion, understanding and respect

WEEK FOUR:

Article: Facing Life's Challenges: What Does it Mean to 'Push on Through'?

Webinar*: 10 Rules for Being Human (6 minutes)
In life there are no mistakes, only lessons. Decide which of these 10 rules might work for you

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