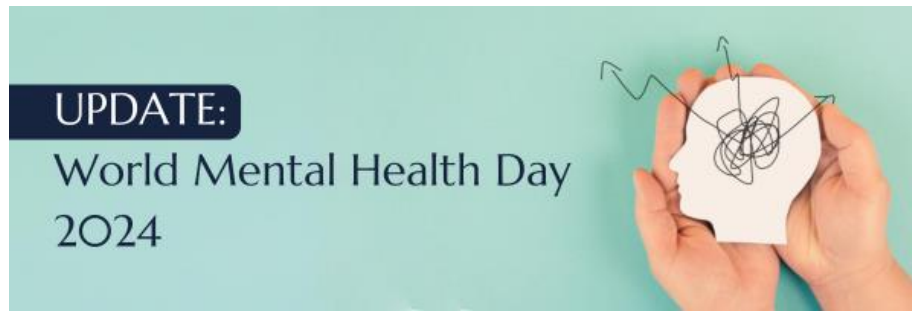




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As World Mental Health Day approaches on October 10, we're excited to share the details of our upcoming campaign designed to support you and your employees in prioritizing mental well-being.

We understand the critical role leaders like you play in fostering a supportive work environment, especially during these challenging times. That's why we're offering a collection of resources and activities that you can easily integrate into your workplace initiatives.

Special Webinar: Navigating Employee Mental and Physical Health During Uncertain Times

Join us on World Mental Health Day (October 10) for an exclusive webinar featuring our clinical experts as they delve into the interconnection between mental and physical health, particularly during periods of organizational change and economic uncertainty. This session will equip you and your employees with strategies to support holistic wellness, enhance engagement, and boost morale during challenging times.

Other Tools and Resources for World Mental Health Day

Here are some of the other tools and resources you can expect to receive as part of this year's World Mental Health Day campaign kit:

- **Mental Health Infographic:** A visually engaging graphic that highlights key statistics and insights into mental health awareness in the workplace. It's perfect for printing or sharing internally to raise awareness among your teams.
- **Guided Mental Health Minutes:** Bite-size videos featuring our clinical experts sharing quick tips, breathing exercises, affirmations, and other useful practices. These can be easily shared with employees for a moment of calm and mindfulness during their day.
- **Wellness Bingo:** Fun game cards with practical activities and challenges that encourage mindfulness and mental health. Employees can play individually or compete within their teams to see who can score Bingo first, making mental health awareness engaging and interactive.

Keep an eye out for more information about the webinar and the full digital toolkit that will be emailed to you in mid-September. Employees who subscribe to the monthly newsletter will receive an email with the resources in the last week of September.

Sincerely,

CloudMD