

Subject: Resources to Support Mental Health Awareness Month

[Employee],

May is Mental Health Awareness Month, and we wanted to take this opportunity to acknowledge the importance of mental health and wellbeing. We understand that our employees' mental health is essential for their overall wellbeing and productivity.

We've compiled a list of resources to support anyone who wants to improve their mental health and plugged them into an easy-to-use calendar. We encourage you to take time this month to care for your mental health by completing these classes, live events, and mental health matters moments.

[\[CALENDAR\]](#)

Wishing you all good mental health!

Sincerely,

[Name of Leader]