

Subject: Supporting Your Mental Health

[Employee],

Recognizing the ongoing importance of mental health, we've put together resources that can assist you in prioritizing your mental well-being.

We've gathered a [playlist of classes](#) dedicated to supporting mental health and recordings of webinars focusing on various aspects of mental wellness, like "[How to find the right therapist for you](#)" and "[How to care for your brain](#)". We encourage you to explore these resources at your own pace, allowing them to serve as tools for your personal mental health journey.

Wishing you continued strength and self-care,

[Name of Leader]