READ ME FIRST

Employee mental health has become a major concern for employers. Poor mental health and stress can negatively affect employee job performance and productivity, engagement with one's work, communication with coworkers, physical capability, and daily functioning. Addressing mental health in the workplace is necessary to keep your employees engaged and your business functioning.

Here are some ways you can support your employees this month (resources attached):
- Conduct the Pay It Forward Challenge
- Share the flyers in the resources folder with employees
- Consider hosting a Mental Health Forum
- Offer Mental Health First Aid to employees

Contact your wellbeing engagement consultant to review the **Mental Wellbeing in the Workplace Employer Guide** for more ideas.

Here are some additional resources:
- Centers for Disease Control and Prevention (CDC), Mental Health
- Substance Abuse and Mental Health Services Administration (SAMHSA), Mental Health
- National Council for Mental Wellbeing, Mental Health First Aid