May Email to Employees: Mental Health Awareness

Subject line: May is Mental Health Awareness Month

Dear XXXXX employees,

While mental health is important every day, each year in May we draw more attention to this topic in an effort to better understand the complexities and challenges surrounding mental health in ourselves and our communities.

This month there are several opportunities available to support mental health in the workplace and beyond:

* [***The Healing Power of Breath***](https://register.gotowebinar.com/register/5007994412174018320) **with Lacy Wolff, MS,** May 11, 10-10:45 a.m. CT
* [***The Power of Vulnerability***](https://register.gotowebinar.com/register/5536277863483317773) **with Kristen Huff, J.D. and Erica Grigg, J.D.**, May 18, 10-11 a.m. CT
* [***Psychological Safety in the Workplace***](https://register.gotowebinar.com/register/826197648998137357) **with LTC David Yebra**, May 25, 10-11 a.m. CT
* [***Yoga to Support Mental Health***](https://ers.texas.gov/event-calendars/wellness-events?trumbaEmbed=view%3Devent%26eventid%3D159533954)**with Chris Young, Ph.D.** (3part series) May 11, 18 & 25, 9-9:30 a.m. CT

Through [the ERS Wellness Events Calendar](https://ers.texas.gov/event-calendars/wellness-events) **and the attached flyer** [attached May events flyer] you will also find links to the Blue Cross and Blue Shield of Texas (BCBSTX) Fitness Connect Community and various webinars that will help you better understand your health and wellness benefits.

If applicable: Also, remember that your EAP has great resources to help you improve and maintain your mental well-being. Learn about those through this link [INSERT LINK}

Please let me know if you have any questions or concerns!

Sincerely,

Your wellness coordinator