



Mental Health Awareness Month

Prioritizing Mental Wellness in the Workplace

WHAT CAN YOU DO AS A BUSINESS?

EMPLOYEE MENTAL HEALTH

- Encourage employees to share personal wellness or self-care tips in newsletters, meetings, or communications.
- Encourage employees to wear lime green, the official awareness color for mental health, on a predetermined date in May. Collect donations and donate proceeds to Compeer.
- Plan a wellness event.
- Host an in-person Workplace Mental Wellness Workshop with Compeer.
- Host an in-person Mental Health First Aid training with Compeer.

SUPPORT MENTAL HEALTH AWARENESS MONTH

- Download Compeer's flyer and MHA's Workplace Mental Health Toolkit.
- Share posts from Compeer's social media accounts (@compeerbuffalo) during Mental Health Awareness Month!

SHARING RESOURCES

- Post the toolkit in your office or business, and share business-wide with employees.
- Link to mental health resources, like an employee assistance program or Telehealth services, in your company newsletter or communications.
- Encourage workers to take an anonymous and confidential online mental health screening at www.mhascreening.org.
- Publish a blog describing how the company supports the mental health of employees.



716-883-3331

www.compeerbuffalo.org

Check n
Your Friends