**Your May Mental Health Awareness Email Template**

Dear employees,

May is Mental Health Awareness Month. Over the past several years, our country has seen an increase in mental health conditions, including depression and suicide. The sad statistics are compounded by a stigma that persists around mental health conditions, preventing those of us who are suffering from seeking help. At [agency or higher education institution name], we are doing our part to overcome the stigma so our employees and their family members will access the help they need.

It is more important now than ever before that we raise awareness about mental health. I have attached an article [Attach PDF article from toolkit] to this email that outlines strategies to reduce stigma and there are also two webinar opportunities this month to learn how to support better mental health, including how to maintain healthy relationships. Registration links for these and many other wellness-related topics can be found at the [ERS Wellness Events Calendar](https://www.ers.texas.gov/Event-Calendars/Wellness-Events). Direct registration links are also posted below.

We all play an important role in destigmatizing mental health. You may even connect someone to a resource in their time of need.

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

In health,

Your wellness coordinator

**Wellness webinar opportunities:**

**Smashing Stigma and Supporting Mental Health Before, During, and After Crisis**

The stigma surrounding mental health has been longstanding and continues to inhibit mental wellness across every identifiable group. Mental health is affected by innumerable factors, and those stressors are inevitably amplified during times of crisis. This discussion will focus on some of the myths surrounding mental health, and will provide tangible steps one can take to promote mental wellness individually, within families, and within their own units.
**Date:**  Thursday, May 7, 2020
**Time:**  10:00 am to 11:00 am or 12:00pm to 1:00 pm CST
**Registration links:**
[**10:00 am Registration**](https://texasdps.webex.com/mw3300/mywebex/default.do?service=7&nomenu=true&main_url=%2Ftc3300%2Ftrainingcenter%2FLoading.do%3Fsiteurl%3Dtexasdps%26UID%3D-99999999%26RT%3DMiM3%26siteurl%3Dtexasdps%26apiname%3Dj.php%26MTID%3Dtff31214b33e72f65b783b6a2574678bd%26FM%3D1%26rnd%3D4206549197%26servicename%3DTC%26ED%3D990353527%26needFilter%3Dfalse&siteurl=texasdps)
[**12:00 pm Registration**](https://texasdps.webex.com/mw3300/mywebex/default.do?service=7&nomenu=true&main_url=%2Ftc3300%2Ftrainingcenter%2FLoading.do%3Fsiteurl%3Dtexasdps%26UID%3D-99999999%26RT%3DMiM3%26siteurl%3Dtexasdps%26apiname%3Dj.php%26MTID%3Dt66e6d18121035d5f44f8e5576b2100fb%26FM%3D1%26rnd%3D5914733836%26servicename%3DTC%26ED%3D990353567%26needFilter%3Dfalse&siteurl=texasdps)

**Managing Relationships During Challenging Times**

 Whether it’s with your spouse, parent, child, friend or colleague, maintaining healthy relationships can be challenging. Two of the most important things to remember in managing relationships are setting healthy boundaries and maintaining healthy communication. Due to our restricted movement during the COVID-19 pandemic, some of us are spending more time than usual with our roommates/family and are struggling to maintain healthy boundaries. Others are struggling to stay connected with outside friends, family and work colleagues. This webinar is designed to address these challenges and to offer tips and suggestions on how to overcome these challenges to managing relationships.
**Date:**  Thursday, May 14, 2020
**Time:**  10:00 am to 11:00 am or 12:00pm to 1:00 pm CST
**Registration links:**
[**10:00 am Registration**](https://texasdps.webex.com/texasdps/k2/j.php?MTID=t100e9e1553aaeeefd237c9b25cd37242)
[**12:00 pm Registration**](https://texasdps.webex.com/texasdps/k2/j.php?MTID=t5e53f835097708269c3397aee1cc80bd)