May Email to Employees: Mental Health Awareness

Subject line: Mental Health & Women’s Health Awareness Month

Dear XXXXX employees,

While mental health and women’s health is important every day, each year in May we draw more attention to these topics to raise awareness and understand the complexities and challenges surrounding them.

This month there are two webinars you can attend to learn about these topics:

* [***Women’s Health Q&A with Dr. Elisa Brown-Pruett, MD***](https://register.gotowebinar.com/register/1231645868350717016)May 23, 12–1 p.m. CT
* [***Finding Strength in Connection with Todd Whitthorne***,](https://attendee.gotowebinar.com/register/8915532301374968664) May 25, 10–11 a.m. CT

You also have lots of benefits to support you through HealthSelectSM plans:

* [***Women’s Health Resources***](https://healthselect.bcbstx.com/medical-benefits/womens-health-may-2023) ***through HealthSelect of Texas®***
* [***Mental Health Benefits***](https://healthselect.bcbstx.com/medical-benefits/mental-health) ***through HealthSelect of Texas***

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 and Nutrition Connect Communities 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