

# May 2024 Employee Email Draft

Subject Line: Mental Health Awareness

Dear XXXXX Employees,

In honor of Mental Health Awareness Month, we want to emphasize the importance of mental well-being and resources to support you and your loved ones.

Here's what you need to know:

- **Join the Conversation:** Join us for the new **Development, Attachment & Relationships Webinar** on May 16th, from 10-11 a.m. CT, led by Albert Lucio, Wellness Coordinator for the Texas Department of Health and Human Services. Register via the [Development, Attachment & Relationships Registration Link](#).
- **Seeking Help is Strength:** It's okay to seek help for mental health challenges. Access [Virtual Mental Health Visits](#) at no cost if you are a member of the HealthSelect of Texas plan.
- **Know Your Support:** Familiarize yourself with [HealthSelect's mental health benefits](#) and where to find assistance for you and your family.
- **Immediate Support:** Dial or text **988** for immediate access to mental health services, available 24/7. Help is just a call away.
- **ADD YOUR EAP INFO OR REMOVE**

Your well-being matters! Don't hesitate to reach out for support.

Best regards,

Your Wellness Coordinator