

September Employee Email:

Dear **Insert Agency/Higher Ed. Institution** Employees,

September is here, and with school back in full swing and cooler days ahead, it's the perfect time to focus on your well-being. We've lined up some great webinars this month, offering both new health benefits and vital support resources.

Here's what's available this month:

Webinar Series: Suicide Prevention

In collaboration with the HHS Office of Mental Health, we are offering a series of webinars focused on suicide prevention. This sensitive yet crucial topic impacts us all, and these sessions will provide valuable insights on recognizing warning signs and offering support. To learn more and register, visit the [ERS Wellness Events Calendar](#).

Webinar Series: *NEW* Health and Well-being Benefits

Starting in September, HealthSelect of Texas participants will have access to new digital programs aimed at supporting heart health, managing musculoskeletal conditions, and enhancing mental health. These programs are accessible from home and provided at no cost to HealthSelect participants. Upcoming webinars include:

- **September 4, 10-10:30 a.m. CT:** [Learn about Hello Heart](#)—Manage cardiovascular health with a free blood pressure monitor and personalized support.
- **September 18, 10-10:30 a.m. CT:** [Learn about Hinge Health](#)—Relieve joint, muscle, and back pain with digital exercise therapy and one-on-one coaching.
- **September 25, 10-10:30 a.m. CT:** [Learn about Learn to Live](#)—Improve mental well-being with cognitive behavioral therapy and coaching.

We hope you'll take some time this month to learn about what's available to you and how you may be able to support someone in crisis.

Best regards,
[Your Name]
[Your Title]