Dear [XXXX} employees,

We were prepared to send out information on the upcoming wellness webinars Health Benefits of Nature and Men’s Health. While these are important topics that can support future mental wellbeing, we’d like to share some resources to help support your mental health right now.

Last week’s events in Uvalde have impacted many of us in ways we may not yet realize. For example, the constant recounting of the event through various types of media may be putting you on edge. Your concern and compassion for your own families and the families, the community and the helpers may be keeping you up at night. We want you to know that you are not alone. And, there are a lot of resources to support you and your family right now.

Please see the attached handout with links to webinars, podcasts and mental health counseling available through the state’s health plan.

Also, remember that our EAP provides XXXX [State what you have available]. Contact them via {XXX}

Remember the beautiful words of Martin Luther King, Jr., “*only light can drive out darkness, and only love can conquer hate.”*

Please look out for the health of your friends and colleagues right now and let me know we can support you in any way,

Sincerely,

Your wellness coordinator