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Mental Health Awareness Week

As May approaches, many countries across the globe will be recognizing Mental Health Awareness Week, an event that aims to promote education, raise awareness, and encourage conversations about mental health. During this week, organizations and employees will come together to address the stigma surrounding mental health through various initiatives and campaigns.



Ways to observe the week

Employers observe Mental Health Awareness Week in many ways, depending on the employer's size, the resources available to plan the day or pay for special communication and activities, and the unique mental health needs of the employee population. There are many options to choose from:

- Communication of support for mental health from the organization's leadership.
- Distribution of a summary of mental health support available to employees.
- Special on-site or online webinars on relevant topics.
- Web-based or in-person discussions of mental health issues of special relevance to your organization's employees, such as stress, burnout, inequality, or the mental health impact of working through uncertainty and change.
- Town hall meetings to discuss the findings of employee surveys related to stress and mental health, describe steps being taken to address any concerns, and answer questions from employees.
- On-site awareness events which might include meditation demonstrations and presentations on sleep, mindfulness, or other mental health topics.

Your employee wellbeing program is a key resource in supporting the mental health of your workforce. The counseling, coaching, training, and consulting services offered through the program, and the educational articles and self-assessment tools on the member website can all be used and promoted as part of your organization's observation of mental health awareness week.

To book or discuss a training for employees at your organization, please reach out to your Workplace Options Account Manager or browse through the Workplace Options [Global Learning Solutions Catalogue](#).