

# Employee Mental Health Wellness Inquiry

Date: [Insert Date]

Dear [Employee's Name],

We hope this message finds you well. As part of our commitment to fostering a supportive work environment, we are reaching out to inquire about your mental health and overall wellness.

Your well-being is important to us, and we want to ensure that you have the resources and support you need. Please take a moment to reflect on the following:

- How are you feeling in your current work environment?
- Do you feel comfortable expressing your needs regarding mental health?
- Are there any resources or support systems you wish were available?

We encourage you to share your thoughts or any additional concerns you may have. You can reply to this email or schedule a private conversation with [Insert Contact Person's Name] at [Insert Contact Information].

Thank you for taking the time to share your insights. Your feedback is invaluable in helping us create a healthier workplace.

Warm regards,

[Your Name]

[Your Job Title]

[Company Name]