

Dear [Employee/Team Name],

As part of our commitment to fostering a healthy workplace, we are excited to announce the launch of our Mental Health Awareness Campaign. This initiative aims to raise awareness about mental health issues, provide resources, and promote a supportive environment for all employees.

Throughout the upcoming weeks, we will host various activities, including:

- Workshops on stress management
- Guest speakers sharing their experiences
- Self-care resource distribution
- Open forums for discussion and support

We encourage you to participate in these events and use this opportunity to learn more about mental health. Remember, it's okay to ask for help, and our Employee Assistance Program is available for confidential support.

Let's work together to create a more understanding and compassionate workplace. Thank you for your attention and involvement.

Sincerely,
[Your Name]
[Your Position]
[Company Name]