

Mental Health Resource Guide

Dear [Employee's Name],

We care about your well-being and want to provide you with resources to support your mental health. Below is a guide to help you access mental health resources available to you within our workplace and the community.

Internal Resources

- **Employee Assistance Program (EAP):** Confidential support, counseling, and resources available 24/7. Contact: [EAP Phone Number]
- **Mental Health First Aid Training:** Workshops available for all employees to learn how to support colleagues in distress. Sign up: [Link to Sign-Up]
- **Regular Wellness Workshops:** Join our monthly sessions on managing stress and building resilience. Next session: [Date/Time]

External Resources

- **NAMI Helpline:** National Alliance on Mental Illness, offering support and information at [NAMI Phone Number].
- **Crisis Text Line:** Text "HOME" to 741741 for immediate support.
- **Local Therapy Services:** [List of local therapists and their contact details].

If you are struggling, please don't hesitate to reach out. Your mental health is a priority, and there are many resources available to help you.

Sincerely,

[Your Name]

[Your Position]

[Company Name]