

Mental Health Awareness Month TOOLKIT

[Click here to access the toolkit with downloadable resources for your team!](#)

Beyond the toolkit we've created for you to share resources directly with your team, we are also launching several proactive initiatives within the Wellness Coach app.

During the month of May, members will experience:

- **Our entire User Newsletter will be dedicated to MHAM**, providing information on all of our activities.
- **A 7-day special meditation series**, easily accessible via a featured banner right at the top of the app.
- Members will also receive **one specialized push notification per week**, delivering high-value mental health resources.
- **A month-long fundraiser** hosted within the app experience to support mental health advocacy.



Flyer for Challenge/Events

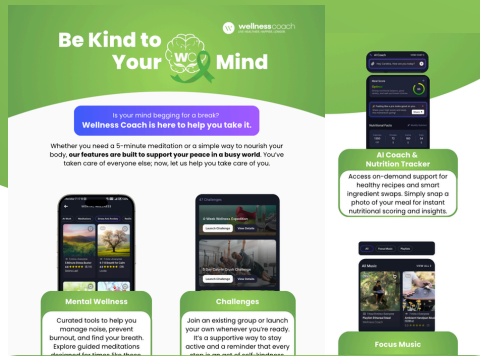
May Community Challenge flyer for distribution.

Including the challenge purpose, registration steps, and the group coaching session calendar.



Mental Health Video

We've created a brief tutorial video to help your team maximize Wellness Coach during Mental Health Awareness Month. It provides a step-by-step guide on using specific app features to support common mental health challenges.



Mental Health Tools in-App Flyer

We've created a flyer to help your team maximize the Wellness Coach app during Mental Health Awareness Month.



Flyer to join the Challenge

To help streamline your team communications, we've created this shorter summary of the May Community Challenge. Please share this with your teams to encourage participation and get everyone involved.

Become a Wellness Ambassador this Mental Health Awareness Month!



LinkedIn Banners

Show your support by updating your profile with our custom LinkedIn banners, available now for the month of May.

I'm Kind To My Mind By...

"Practicing sports even on the days I'm tired, even when it's raining, or even when I don't have time."
Carolina Guevara - Graphic Designer

LinkedIn Assets

Check out LinkedIn templates for Mental Health Awareness Month! Allows you to highlight 'Kind to Your Mind' quotes.