

May is Mental Health Awareness Month.

Here are some ways you can support your employees this month using the included resources:

- Conduct the Tune Into YOU Mindfulness Challenge
- Host a relaxing activity using the coloring page
- Share the Depression booklet and behavioral health flyer as needed; use content for your newsletters, blog, etc.
- Consider hosting a Mental Health Forum

Contact your wellbeing engagement consultant (or account manager if you don't know who your wellbeing consultant is) to review the Mental Wellbeing in the Workplace Employer Guide for more ideas.

Here are some additional resources:

- Centers for Disease Control and Prevention (CDC), [Mental Health](#)
- National Alliance on Mental Illness (NAMI), [Mental Health Awareness Month](#)
- Article on Excellus For Business, [Understanding And Avoiding Employee Burnout](#)