**WORKPLACE WELLBEING TOOLKIT**

**POST 1**

**Graphic Text:** A healthier workplace starts with mental health

A person holding a cup of coffee

Description automatically generated

**Accompanying copy:** Prioritising mental health isn't just a trend. It's a fundamental part of responsible company culture. We’re leading the way in supporting mental health at work by investing in evidence-based digital mental wellbeing programmes from SilverCloud® by Amwell®.

#HealthyWorkplace #ResponsibleLeadership #DigitalWellbeing

**POST 2**

**Graphic Text:** Mental health matters, both inside and outside the workplace

A person looking at a phone

Description automatically generated

**Accompanying copy:** We're proud to champion digital mental health interventions for our staff. Investing in SilverCloud® programmes reflects our commitment to our employees' wellbeing, and ensures they have access to proven digital tools for mental wellness whenever and wherever they need them.

#DigitalMentalHealth #EmployeeWellbeing #MentalHealthMatters

**POST 3**

**Graphic Text:** Creating a workplace culture that values mental health is not just a choice; it's a responsibility

**A close-up of a person's hands over a table

Description automatically generated**

**Accompanying copy:** Prioritising mental health at work can have a positive impact on productivity, engagement, and overall team satisfaction. At [Company Name Here], we're committed to supporting our team's mental wellbeing by offering digital mental health programmes from SilverCloud® by Amwell®.

#MentalHealthAtWork #DigitalInterventions #EmployeeWellbeing

**POST 4**

**Graphic Text:** Supporting whole employee wellness

**A person sitting at a desk

Description automatically generated**

**Accompanying copy:** It's not just about being responsible employers, it's about creating a thriving, resilient workforce. Alongside physical health, we’ve invested in evidence-based mental wellness programmes from SilverCloud® by Amwell® for the success and happiness of our employees.

#BusinessImpact #MentalHealthSupport #EmployeeEngagement