**WORKPLACE WELLBEING TOOLKIT: Email from C-suite to Managers**

**Suggested email subject lines:**

Empowering our teams: new mental health resources

Supporting mental health throughout [Company Name]

Investing in team mental wellness

**Email body copy:**

Dear Managers,

As leaders, it's crucial to recognise that our team's mental health directly impacts their overall wellbeing and performance. With this in mind, we wanted to take a moment to emphasise the importance of prioritising the mental wellbeing of our teams here at [Company Name].

Mental health issues, such as anxiety and depression, are challenges that many people face at some point. Left untreated they can profoundly impact their ability to function at their best. These challenges can lead to increased stress, reduced productivity, and a higher rate of sick days or absenteeism among our team members.

To provide mental health support to everyone at [Company Name] we’ve invested in online mental health programmes from SilverCloud® by Amwell®, a global leader in evidence-based online mental health support. These programmes use clinically proven online Cognitive Behavioural Therapy (iCBT) and backed by 20 years of research. They are designed to support people by teaching them coping skills and helping them to build resilience.

Our range of online mental wellness programmes includes:

* The *Anxiety* Programme
* The *Anxiety and Depression* Programme
* The *Stress* Programme
* The *Money Worries* Programme
* The *Sleep* Programme
* The *Resilience* Programme
* *[Space for any additional programmes here]*

Please visit [landing page link here] and take the time to familiarise yourself with these, so that you can communicate their availability and benefits to your teams.

Given the importance of mental health support, we urge each of you to help spread awareness and encourage your teams to take advantage of these invaluable resources. By proactively addressing mental health concerns and providing access to these clinically proven programmes, we can support our team members in maintaining their mental wellbeing, and subsequently enhance their overall performance and satisfaction at work.

Thank you for your commitment to the wellbeing of your team. If you need any further information or assistance, please do not hesitate to reach out to [Relevant Person Here].

Kind Regards