**WORKPLACE WELLBEING TOOLKIT - Email from HR to staff**

**Subject Line Suggestions:**

Prioritising your wellbeing - try our online mental health programmes

Investing in your mental health: Free online programmes available now!

Taking care of you: access our free online mental health resources

Dear [Staff Members],

In a fast-paced and dynamic work environment, it's natural to encounter pressures that can impact on mental health. But if you’re regularly feeling stressed, anxious, overwhelmed or down, we’d like to help.

As part of our commitment to supporting the wellbeing of everyone at [Company Name Here], we are pleased to announce the launch of our online mental wellbeing programmes from SilverCloud® by Amwell®, a global leader in online evidence-based mental health support.

SilverCloud® programmes use clinically proven online Cognitive Behavioural Therapy (iCBT) to provide guidance, strategies and support to help you manage and overcome the symptoms associated with anxiety and depression.

**Key highlights of these programmes include:**

**Free access:** Your wellbeing is important to us, so we are thrilled to offer these at no cost to you. We want to ensure that access is available to everyone within our organisation.

**Trusted by the NHS:** SilverCloud programmes are clinically proven to work. They are used by the NHS throughout the UK, the Health Service Executive in Ireland and over 600 organisations across the world. It’s a real testament to their credibility and reliability.

**24/7 Accessibility:** Designed for your convenience, the programmes are accessible round the clock, on any device you prefer. So, whether you're at home or at work, support is available whenever you need it.

You can find out more and gain immediate access to our programmes by visiting [link to landing page here].

Alternatively, drop [Appropriate contact here] an email to find out more.

Thank you for being part of our [Company Name] family. Let's continue fostering a supportive and caring environment where everyone’s wellbeing matters.