

Monthly engagement toolkit is live | October 2025 World Mental Health

Hello

October 10 is World Mental Health Day. This month, explore resources to support your own well-being and help build a more open, compassionate world.

Instructions:

1. Access the toolkit [here](#) using your organization's access code.
2. Review this month's engagement toolkit, which includes:
 - **Featured articles on:**
 - Four powerful ways to make your workplace mentally healthier.
 - Why talking about mental health matters, and tips for open conversations.
 - The importance of checking in on your friends who seem OK.
 - **Worksheet** to check in on your own well-being.
 - **Quick-hit guide** on what to put in your mental health emergency kit.
 - **Interactive** on how to ease anxiety and panic.
 - **Interactive** deep breathing exercise for finding calm.
 - **Quick insight** "How to manage your anxiety" from Uptime.
 - **Webinar** from Calm: "In it together: Tackling loneliness and creating connection."
 - **Member training course** "Supporting mental health concerns with friends and family."
 - **Manager training resources**, including the podcast "Leaders use the Calm app to reduce burnout, stress and build resiliency."
 - **Social media post templates** to help promote this World Mental Health Day among your employees. Feel free to share on your internal communication platforms and via your own social media accounts as appropriate.
3. Share this information with your organization using the member communication.

As a reminder, we will be launching a new member toolkit each month with updated content and resources. In November, we will share well-being resources that focus on Men's mental health.

Please keep an eye out for next month's toolkit and let me know if you have any questions.

Thank you,