KAISER PERMANENTE®

Health Topic Emails

MENTAL HEALTH

How to use this email:

Copy and paste this content into an email to support your employees in their mental health and wellness journey by sharing these resources.

Subject Line
Understanding mental health

Headline
Care for the whole you

Body
Your mental health is just as important as your physical health. With rates of reported mental conditions on the rise,[1] it's more important than ever to prioritize mental and emotional well-being and get help when you need it. If you or a loved one needs help, start with these tips below:

- **Speak up if you're struggling.** Be honest with the people in your life about how you're feeling. They can't help unless they know you need their support.
- **Talk to your doctor.** They can connect you with support and help you access care for depression, anxiety, addiction and recovery, and more — without a referral.
- **Seek treatment.** Help is available and effective. If you don't know where to start, talk to your care team and let them connect you to the support you need.

Want to learn more? Go online for more mental health information, resources, and support.

Disclaimers and legal
[1]Kelly Greenwood and Julia Anas, "It's a New Era for Mental Health at Work," Harvard Business Review, October 4, 2021.